

Common Core Performance Coach

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CoachSports CoachPlanning & ChangingBuilding and Sustaining a Coaching Culture Dennis C.
Kinlaw Mark Verstegen Mark Verstegen David Clutterbuck
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Sports Coach Planning & Changing Building and Sustaining a Coaching Culture *Dennis C. Kinlaw
Mark Verstegen Mark Verstegen David Clutterbuck*

the astd trainer s sourcebook series gives you easy to personalize ready to run workshops on the hottest topics in training

presents a workout program designed to transform the body from the inside out beginning with the mid body muscles that control posture and physical performance and offers guidelines on how to develop a lean flexible body

mark verstegen the world renowned performance coach who was at the forefront of the core training revolution now applies his cutting edge training system to the special needs of the endurance athlete with core performance endurance verstegen s first two books core performance and core performance essentials broke new ground in fitness with their intense focus on the muscles of the core shoulders hips and midsection that focus remains the key here as he not only helps endurance athletes train more effectively but also gives them a potent regimen of core training that will help them move more efficiently speed recovery and stave off overuse injuries and long term deterioration his plan helps endurance athletes at all levels from competitive swimmers and hard driven triathletes to everyday joggers delivers the desired combination of strength and stamina balance and flexibility athletic quickness and power to which

the endurance athlete strives provides an endurance oriented nutrition program complete with recommendations for pre and post race eating

develop an environment that effectively supports learning and growth in your organisation with this complete guide

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