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Training Cross-Country Skiing (Training (Meyer & Meyer))



Synopsis

This is the ultimate training guide for those who wish to start cross-country skiing. "Training - Cross-Country Skiing" contains detailed, yet easy-to-understand, step-by-step descriptions of all the important techniques, as well as advice on avoiding common mistakes. This definitive volume also focuses on the importance of goals and self-motivation, strength development, good health and nutrition. Included throughout are practical hints and tips on training, competition, maintaining physical fitness, and exercises that can be done at home.

Book Information

Series: Training (Meyer & Meyer)

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Customer Reviews

Katrin Barth is author of numerous sports training books. Hubert Bruhl spent 14 years as a ski trainer at the University Jena, Germany. He has been director of recreational sports on the German Ski Association for 15 years.

This is the only book I've found for children to begin learning about training. It seems to be focused on middle school, with the sample journal being for a 13 year old. I think aspiring high school athletes and even beginner adults would enjoy the book as well. It covers all the relevant topics for seriously taking up the sport of cross country skiing. The illustrations are helpful, there are photos of actual children skiing correctly, and humorous sidebars keep it light and fun. The entire book rates A+ except the section on technique. The double pole described is "old school" with the 90 degree bend in the torso, and the skating portion likewise advises edging more than is currently taught. I

simply crossed out a few phrases and taped in some photos I cut out of recent magazines by way of bringing it up to date, and plan to pass the book on to the middle school up-and-comers that I coach. Overall, highly recommended.

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