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Endurance Athlete's Edge

Marc Evans

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Endurance and multisport athletes are a dedicated bunch. Whether they are running marathons, racing through ocean swims, pedaling over mountains, or competing in triathlons or duathlons, most of these athletes are not content just to finish. Their challenge is to cover the distance with maximum speed.

In *Endurance Athlete's Edge*, author Marc Evans guides these serious competitors toward high-level fitness, flawless technique, and superior competitive performance. Selected as the USA National Triathlon Team coach and manager in 1989 and 1990, Evans has helped countless athletes move their performance standards ever higher. Through years of working with top athletes, such as Scott Tinley, he has developed a program that produces outstanding results in training and competition.

Here, Evans teaches readers the most efficient swimming, cycling, and running techniques through numerous photographs and 50 performance drills. He includes prescriptions for strength training, flexibility, and nutrition, as well as advice for mental training and race preparation.

Athletes and coaches alike will value the many effective training tables and charts carefully developed by Evans. He provides a series of templates that enable readers to customize training schedules. The result is a week-by-week training prescription for each sport, including what percentage of the training should be done in each of four intensity zones. Readers can simply refer to handy pace charts to match their effort to the prescribed intensity levels. The special, systematic table of periodization makes this difficult concept easy to apply, helping readers to reach peak fitness at just the right time for major competitions.

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Adam Allen:

Hey guys, do you wants to finds a new book to learn? May be the book with the subject Endurance Athlete's Edge suitable to you? The actual book was written by renowned writer in this era. Typically the book untitled Endurance Athlete's Edgeis the one of several books this everyone read now. That book was inspired many people in the world. When you read this e-book you will enter the new shape that you ever know ahead of. The author explained their plan in the simple way, thus all of people can easily to be aware of the core of this book. This book will give you a large amount of information about this world now. To help you see the represented of the world in this book.

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