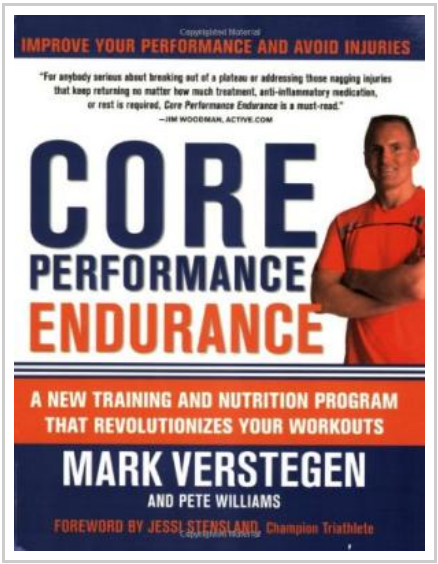


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Core Performance Endurance: A New Training and Nutrition Program That Revolutionizes Your Workouts

By Mark Verstegen, Pete Williams

Rodale Press. Paperback. Book Condition: new. BRAND NEW, Core Performance Endurance: A New Training and Nutrition Program That Revolutionizes Your Workouts, Mark Verstegen, Pete Williams, 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. 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; and, provides an endurance-oriented nutrition program complete with recommendations for pre-and post-race eating.

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