

Mastering Swimming The Masters Athlete Series

Video SourcebookMasteryTriathlon SwimmingSwim Speed Strokes for Swimmers and TriathletesHit ResetMONEY Master the GameMature Aged SportMedical and Orthopedic Issues of Active and Athletic WomenInside TriathlonSwim Speed Secrets for Swimmers and TriathletesOxford English Dictionary Additions SeriesPeriodicals in Print: Australia, New Zealand & the South PacificMastering the Complex SaleLong-Term Athlete DevelopmentThere's a Drill for That!80/20 TriathlonMastering SwimmingMastering the ZoneBorn to RunMastering RunningBreathing for WarriorsMasters RunningMastering Business NegotiationHow Bad Do You Want It?Mastering SwimmingSwimming StudiesMastering Your PhDPeriodicals in Print, Australia, New Zealand & the South PacificRacing WeightFinding Master RightDeveloping SwimmersWhat Happens to Your Body When You SwimRunner's World Guide to Cross-TrainingMastering Golf's Mental GameThe British National BibliographyFast After 50Total ImmersionMasters SportSaloNutrition for Sport, Exercise and Performance

Video Sourcebook

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Mastery

Praise for Mastering the Complex Sale "Jeff Thull's process plays a key role in helping companies and their customers cross the chasm with disruptive innovations and succeed with game-changing initiatives." —Geoffrey A. Moore, author of Crossing the Chasm and Dealing with Darwin "This is the first book that lays out a solid method for selling cross-company, cross-border, even cross-culturally where you have multiple decision makers with multiple agendas. This is far more than a 'selling process'—it is a survival guide—a truly outstanding approach to bringing all the pieces of the puzzle together." —Ed Daniels, EVP, Shell Global Solutions Downstream, President, CRI/Criterion, Inc. "Mastering the Complex Sale brilliantly sets up value from the customer's perspective. A must-read for all those who are managing multinational business teams in a complex and highly competitive environment." —Samik Mukherjee, Vice President, Onshore Business, Technip "Customers need to know the value they will receive and how they will receive it. Thull's insights into the complex sale and how to clarify and quantify this value are remarkable—Mastering the Complex Sale will be required reading for years to come!" —Lee Tschanz, Vice President, North American Sales, Rockwell Automation "Jeff Thull is winning the war against commoditization. In his world, value trumps price and commoditization isn't a given, it's a choice. This is a proven alternative to the price-driven sale. We've spoken to his clients. This stuff really works, folks." —Dave Stein, CEO and Founder, ES Research Group, Inc. "Our business depends on delivering breakthrough thinking to our executive clients. Jeff Thull has significantly redefined sales and marketing strategies that clearly connect to our global audience. Read it, act on it, and take your results to exceptional levels." —Sven Kroneberg, President, Seminarium Internacional "Jeff's main thesis—that professional customer guidance is the key to success—rings true in every global market today. Mastering the Complex Sale is

the essential read for any organization looking to transform their business for long-term, value-driven growth." —Jon T. Lindekugel, President, 3M Health Information Systems, Inc. "Jeff Thull has re-engineered the conventional sales process to create predictable and profitable growth in today's competitive marketplace. It's no longer about selling; it's about guiding quality decisions and creating collaborative value. This is one of those rare books that will make a difference." —Carol Pudnos, Executive director, Healthcare Industry, Dow Corning Corporation

Triathlon Swimming

Exploring some of the most extraordinary moments from the history of endurance sports, this unique sports book shows how mental strength allows some athletes to perform at a level way beyond their physical limits – to will their body to do what was previously thought biologically impossible. Revealing habits and tactics you can use to cultivate your own mental strength, this unique book describes a new 'psychobiological' model of endurance performance connecting the mind, body and brain. Compelling accounts from triathlon, cycling, running, rowing and swimming are viewed through the lens of this model shedding new light on what science has to say about mental fortitude in sports. Drawing on cutting-edge scientific research it suggests concrete tactics for cultivating mental strength, whilst providing thrilling accounts of some of the most inspiring and astonishing feats in sporting history, such as Sammy Wanjiru who, in 2010 entered the Boston Marathon suffering from injuries to his knee and his lower back, a stomach virus that prevented him from training and a lifestyle that meant he spent more time in nightclubs than on the track. He shouldn't have even been able to finish the race, and at times he seemed as if he literally had nothing left to give, yet in an epic battle he crossed the finishing line first. How did he manage it? Find out in this sports book like no other and prepare for your own test of endurance! Featured athletes include: Sammy Wanjiru, Jenny Barringer, Greg LeMond, Willie Stewart, Cadel Evans, Joseph Sullivan, Paula Newby-Fraser, Ryan Vail, Thomas Voeckler, Ned Overend, Steve Prefontaine.

Swim Speed Strokes for Swimmers and Triathletes

This is the third in a major series of volumes supplementing the Second Edition of the Oxford English Dictionary. Volume 3 contains 3,000 new words and meanings from around the English-speaking world, including the UK (Citizen's Charter), North America (affluent), Clintonomics), Australia (beardie), and the West Indies (zouk). A wide variety of subjects is covered, including the sciences (buckyball, nanotechnology, Tourette syndrome), finance (junk bond, negative equity), literary theory (metafiction), computing (freeware, core dump), and sport (basho, lowball).

Hit Reset

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

MONEY Master the Game

Mature Aged Sport

In *Swim Speed Secrets*, 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina reveals the swim technique used by the world's fastest swimmers. Over the course of 4 Olympic Games and throughout her career as a world champion triathlete, Taormina refined her exceptional technique as a student of the sport, studying the world's best swimmers using underwater photographs and video analysis. From Johnny Weissmuller to Michael Phelps, the world's fastest swimmers share two common elements: high stroke rate and a high-elbow underwater pull. Many swimmers and triathletes neglect the underwater pull, distracted by stroke count or perfecting less critical details like body position, streamlining, and roll. *Swim Speed Secrets* focuses on producing power—the most crucial element of swimming—to help triathletes and swimmers overhaul their swim stroke and find the speed that's been eluding them. With a commonsense approach that comes from decades of practice and years of hands-on coaching experience, Taormina shows swimmers how to transition to faster swimming. *Swim Speed Secrets* includes: The best drills to cultivate a more sensitive feel for the water Dryland and strength building exercises to develop arm position and upper body musculature Crisp photos of Olympic swimmers and variations in their high-elbow underwater pull Clear descriptions of the key moments of the underwater pull Tips that helped her perform at a world-class level for two decades Sheila Taormina's *Swim Speed Secrets* brings the focus back where it belongs—to a powerful underwater stroke. With this approach, triathletes and swimmers can stop swimming for survival and break through to new levels of speed and confidence in the water.

Medical and Orthopedic Issues of Active and Athletic Women

Jim Montgomery and Mo Chambers present readers with everything they need to create their own training plans - plus numerous sample programs - whether they swim for fitness or competition.

Inside Triathlon

Swim Speed Secrets for Swimmers and Triathletes

In her best-selling book *Swim Speed Secrets*, 4-time Olympian and gold medalist Sheila Taormina revealed the freestyle swimming technique used by the world's fastest swimmers. Now in *Swim Speed Strokes* Taormina shows swimmers and triathletes how they can swim with elite technique in all four swimming strokes--butterfly, backstroke, breaststroke, and freestyle. Using crystal-clear photographs and her engaging, straightforward style, Coach Taormina explains the science behind power and speed in the water, explores the elements common to every

stroke, and examines stroke technique in detail in individual stroke chapters. *Swim Speed Strokes* goes deep into the fastest swimming technique for each stroke, breaking down the pull, kick, core movement, and timing of 13 elite swimmers and Olympians including Peter Vanderkaay, Rebecca Soni, Aaron Peirsol, Rowdy Gaines, Ashley Whitney, Vlad Morozov, Ariana Kukors, Andrew Gemmell, Laura Sogar, Nicolas Fink, Elizabeth Beisel, Doug Reynolds, and Melanie Margalis. Taormina interviews each athlete and analyzes underwater photos and race stroke data to break down their technique in butterfly, backstroke, breaststroke, and freestyle. From the catch through the curvilinear path and diagonal phase to the power-packed finish phase, Taormina explores the pull patterns to show how any swimmer can improve their own swimming. As Taormina shows in *Swim Speed Strokes*, the fastest technique for all four swimming strokes is remarkably similar. One-stroke swimmers will find big improvements in practicing the others, refining their feel for the water, coordination, and stroke efficiency. Whether you want to master every stroke or simply improve on your best one, *Swim Speed Strokes* will show you how to become the strongest swimmer you can be.

Oxford English Dictionary Additions Series

A championship runner describes the techniques and methods needed to become a competitive runner after age forty, with information on intelligent training, developing fitness and flexibility, maintaining a healthy diet, and much more. Original. 20,000 first printing.

Periodicals in Print: Australia, New Zealand & the South Pacific

A comprehensive resource for fitness and competitive runners aged 30 and older, *Mastering Running* proves that age is no obstacle to excellence. With information and advice on topics that matter most to older runners, *Mastering Running* provides master-specific drills, exercises, and training plans.

Mastering the Complex Sale

Dr. Belisa Vranich's ground-breaking second book teaches the science, techniques, and benefits of breathing correctly and efficiently for warriors in all walks of life. People are less in touch with their bodies—and especially their breathing—than ever before. Ironically, athletes and others who pride themselves on taking care of their bodies actually put themselves at greater risk. Why? Because they're asking their body to take on next-level demands, but failing at life's most essential skill: efficient breathing. Proper breathing is the world's most powerful biohack. Learning it will help you feel better, avoid injury, and perform at your very best (including in bed!). Champion gladiators, master martial artists, even spearfishers all had one thing in common: efficient breathing to achieve flawless execution. An elite few still understand: Navy SEALs who need to make the perfect shot, super-elite weightlifters who truly understand how to harness and channel their energy, free-divers who can spend seemingly impossible amounts of time underwater, and high-profile execs who keep calm before multi-billion-dollar presentations. You can learn their secrets. From the corporate athlete to the tactical ninja, *Breathing for Warriors* is a practical, science-

forward book that focuses on everything related to breathing and performance—from muscles and workouts to an impenetrable inner game.

Long-Term Athlete Development

Explains what happens to your body when you are swimming and how it benefits the body.

There's a Drill for That!

Dominant, crop-wielding men are all Kate dreams about, but how far is she willing to go? Kate wants a man who will take charge—she just needs to find the right guy. Fortunately, her friend is throwing a kinky Halloween party with a guest list loaded with sexy, available men. That's where she meets Banner. Dark and intense, Banner's not just a Dominant, he's a Master looking for a slave. Kate isn't interested in something that extreme, but when he offers to help her find the perfect Dom, while training her to be a flawless submissive, she's glad to have a matchmaker and protector. Banner knows they're not compatible, yet something about Kate is impossible to resist. Once he finds her the right Dom, will he be able let her go?

80/20 Triathlon

From the bestselling author of *The 48 Laws of Power* and *The Laws of Human Nature*, a vital work revealing that the secret to mastery is already within you. Each one of us has within us the potential to be a Master. Learn the secrets of the field you have chosen, submit to a rigorous apprenticeship, absorb the hidden knowledge possessed by those with years of experience, surge past competitors to surpass them in brilliance, and explode established patterns from within. Study the behaviors of Albert Einstein, Charles Darwin, Leonardo da Vinci and the nine contemporary Masters interviewed for this book. The bestseller author of *The 48 Laws of Power*, *The Art of Seduction*, and *The 33 Strategies of War*, Robert Greene has spent a lifetime studying the laws of power. Now, he shares the secret path to greatness. With this seminal text as a guide, readers will learn how to unlock the passion within and become masters.

Mastering Swimming

Mastering the Zone

Everyone from Madonna to Howard Stern to the cast of *Baywatch* is in "the Zone" -- and now "Zone"-favorable cuisine is tastier than ever! Dr. Barry Sears, author of the No.1 New York Times bestseller and health phenomenon, *The Zone* (more than 600,000 hardcover copies sold!), is back with an exciting new book teeming with tantalizing recipes and insightful information that will deepen readers' understanding of this

revolutionary health and fitness program that has become the regimen of the '90s. Flying in the face of conventional dietary thinking, and after years of comprehensive scientific research, Dr. Sears discovered that "eating fat doesn't make you fat." His phenomenally successful first book, *The Zone*, introduced the world to a groundbreaking health plan that for hundreds of thousands of readers has become the magic key to maintaining a consistent level of physical and mental well-being -- a healthful state known as "The Zone." Now Dr. Sears takes his breakthrough scientific discoveries and stunning success a step further with *Mastering the Zone*, which not only presents delicious, completely original Zone-favorable recipes that are easy to prepare and taste as good as they are good for you, but also offers a practical guide to fine-tuning your place in the Zone. From entrees to appetizers to desserts, there is something here for every taste and every occasion. Appearing throughout is Dr. Sears' enlightening new information for readers interested in educating themselves further about the Zone -- the health regimen that succeeds where millions of others have not.

Born to Run

Nutrition before, during and after training or a sporting event can improve the comfort, energy and performance of athletes of all levels, from elite to recreational, as well as providing long-term health benefits. *Nutrition for Sport, Exercise and Performance* offers a clear, practical and accessible guide to the fundamentals of sport and exercise nutrition. The expert authors begin by explaining key principles, including understanding energy systems, exercise physiology and metabolism. They cover the basics of digestion, absorption and nutrition; examine the key macronutrients and micronutrients essential for performance; and discuss the process of dietary assessment. Part 2 goes on to explore in detail nutrition for pre- and post-training, hydration, the use of supplements and body composition, and provides guidance on developing plans for both individual athletes and teams. The final component examines specific nutrition issues and special needs, including working with elite athletes, strength-and-power athletes, young, older and disabled athletes, endurance sports, GI disturbances and rehabilitation issues. Cultural issues are also explored, including diets for vegan and vegetarian athletes, and religious perspectives and requirements. Featuring contributions from a range of sport and exercise nutrition professionals and including practical diet plans, diagrams and the latest research and evidence throughout, this is a core reference for undergraduates, nutritionists and trainers.

Mastering Running

Breathing for Warriors

Talent, skill, and a passion to compete: These are the characteristics that define elite-level swimmers. But as the sport's best coaches know, even the most gifted of athletes won't develop these traits without a plan—one that recognizes talent, develops skills, and nurtures success. *Developing Swimmers* is the only book to offer a comprehensive, long-term plan beginning at an age-group level. Renowned coach Michael Brooks shares the insights, secrets, and strategies that have transformed his athletes and swim teams from novice competitors to

distinguished champions. *Developing Swimmers* will show you how to -evaluate and identify talent in even the youngest swimmers; -establish realistic yet challenging short- and long-term goals for your athletes; -assess and refine strokes for greater power and efficiency; -improve starts, turns, and finishes for faster times; -structure positive and productive practices for swimmers and swim teams; and -foster your swimmers' passion, bolster commitment, and instill winning attitudes. From motivation to meet management to race-day tactics, *Developing Swimmers* covers it all. It is the guide every coach should have on the shelf. With *Developing Swimmers*, you will improve the performance of your swimmers—and your entire team.

Masters Running

Fast After 50 is for every endurance athlete who wants to stay fast for years to come. For runners, cyclists, triathletes, swimmers, and cross-country skiers, getting older doesn't have to mean getting slower. Drawing from the most current research on aging and sports performance, Joe Friel—America's leading endurance sports coach—shows how athletes can race strong and stay healthy well past age 50. In his groundbreaking book *Fast After 50*, Friel offers a smart approach for athletes to ward off the effects of age. Friel shows athletes how to extend their racing careers for decades—and race to win. *Fast After 50* presents guidelines for high-intensity workouts, focused strength training, recovery, crosstraining, and nutrition for high performance: How the body's response to training changes with age, how to adapt your training plan, and how to avoid overtraining How to shed body fat and regain muscle density How to create a progressive plan for training, rest, recovery, and competition Workout guidelines, field tests, and intensity measurement In *Fast After 50*, Joe Friel shows athletes that age is just a number—and race results are the only numbers that count. With contributions from: Mark Allen, Gale Bernhardt, Amby Burfoot, Dr. Larry Creswell, John Howard, Dr. Tim Noakes, Ned Overend, Dr. John Post, Dr. Andrew Pruitt, and Lisa Rainsberger.

Mastering Business Negotiation

Triathlon Swimming reveals the rewarding and rigorous Tower 26 program for mastering open-water swimming by the world's leading open-water swimming coach Gerry Rodrigues and former pro triathlete Emma-Kate Lidbury. Triathlon swimming is unique in its challenges and physical and mental limits. Over his lifetime of over 100 open-water swim race wins and over 30 years of coaching, Rodrigues has perfected the art and science of open-water swimming. His famed Tower 26 swimming program trains athletes in both the pool and in rough open water conditions, making triathletes and swimmers skilled, confident, capable, and fast in any condition. In *Triathlon Swimming*, Rodrigues and Lidbury break down open-water swimming technique and show how triathlon swimming requires different form. From kicking to sighting, *Triathlon Swimming* describes the best technique for swimming in open water. This guide shares the best gear for open-water swimming, shows how to create your own effective open-water swim workouts, and shares a plan for race prep and taper. Tower 26 offers the best open-water swimming technique. With Rodrigues' coaching approach and Lidbury's first-hand experience and insight, *Triathlon Swimming* can help you become a master open-water swimmer for faster, fearless racing.

How Bad Do You Want It?

Providing a timely focus on health care of active and athletic women, this book emphasizes key concerns in an outline format, and includes nutritional issues, amenorrhea, birth control, equipment, and discrimination/harassment, as well as 20 sports of activity specific chapters.

Mastering Swimming

From classroom aids to corporate training programs, technical resources to self-help guides, children's features to documentaries, theatrical releases to straight-to-video movies, The Video Source Book continues its comprehensive coverage of the wide universe of video offerings with more than 130,000 complete program listings, encompassing more than 160,000 videos. All listings are arranged alphabetically by title. Each entry provides a description of the program and information on obtaining the title. Six indexes -- alternate title, subject, credits, awards, special formats and program distributors -- help speed research.

Swimming Studies

Ever noticed how technical swimming has become? There are so many fine points to all four strokes. You really need to break the stroke and its components down and work on them separately, and then put the stroke back together. In the process of doing this, you begin to understand much more about the stroke and about yourself. One of the best ways to refine your stroke, find efficiency in the water, and translate that to faster swimming, is to regularly build swim drills into your swim practices. In this eBook, you will find 125 drills covering freestyle, backstroke, breaststroke, butterfly, and even sculling. Each drill has a title, a purpose, and a thorough description of the drill, along with key points to focus on when doing the drill. Not only will practicing drills help your stroke, your efficiency, and eventually your speed, drill work will also help liven up your practices, making them much more interesting and challenging. Doing so under the guidance of a coach and support of a team is even better, so find yourself a team. You won't regret it. If you are a masters swimmer, check out www.usms.org to find more information on US Masters Swimming, locate a team near you, and see everything this great sport has to offer. Dive right in. I hope you enjoy this eBook and that your swimming skills grow by leaps and bounds. Happy swimming!

Mastering Your PhD

Periodicals in Print, Australia, New Zealand & the South Pacific

Mastering Business Negotiation is a handy resource for any leader or manager who needs practical strategies and ideas when conducting business negotiations. Grounded in solid research, the authors - experts in the field of business negotiation - reduce the huge volume of

available information into an accessible handbook for busy executives who need to prepare for everyday negotiations as well as for more demanding and complex negotiation situations. Mastering Business Negotiation offers down-to-earth advice for learning to play the negotiation game and shows how to: Understand the game so you can better control what happens Predict the sequence of negotiation activities and move from disagreement toward agreement Identify the strategies and tactics of other players in the game. Apply the rules of the game - the "do's and don'ts" that will ultimately lead to success

Racing Weight

HIT RESET offers athletes new ways to find more speed, power, and endurance. Yoga coach Erin Taylor's HIT RESET program uses yoga to solve the specific problems you face as an athlete. Her revolutionary approach to yoga can improve functional strength, flexibility, muscle recruitment, breathing and focus, core strength, and durability. HIT RESET starts by defining 10 problems that hold athletes back and the yoga solutions that can fix them. Each chapter shows you how your body should work, how to self-diagnose flaws in your movement and functional strength, and how to apply just a few specific yoga poses so you can "hit reset" and get back to athletic form. The yoga solutions in HIT RESET take just a few minutes before or after your workout, and you won't need a mat or studio classes. Armed with these key, highly effective yoga fixes, you'll begin a radical redefinition of balance that can make you a healthier, stronger, and faster athlete. HIT RESET can help you solve: Imbalances that lead to injury by redefining balance from head to toe Feeling easily winded with deep breathing exercises Feeling distracted or nervous with focus exercises Poor posture with core activating and strengthening poses Sleepy feet and stiff calves for a stronger foundation Knee pain with better form and strength poses Stiff hamstrings and sleepy glutes with activation exercises Unstable hips and IT band problems with hip helpers Stiff shoulders and sides with opening poses Yoga can help you in your sport, but only if your yoga is solving the problems you face as an athlete. HIT RESET offers a yoga revolution for athletes by making yoga work for you. Join the HIT RESET revolution and you'll find a no-nonsense approach that will make you a stronger, more resilient athlete.

Finding Master Right

Long-Term Athlete Development describes how to systematically develop sporting excellence and increase active participation in local, regional, and national sport organizations. This resource describes the long-term athlete development (LTAD) model, an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development. By learning about LTAD, sport administrators and coaches will gain the knowledge and tools to enhance participation and improve performance and growth of athletes. This text offers the first in-depth and practical explanation of the LTAD model. Long-Term Athlete Development integrates current research on talent development and assessment into practice to help sport leaders plan athletic development across the life span or design detailed programs for a particular group, including those with physical and cognitive disabilities. Authors Balyi, Way, and Higgs—pioneers and veteran LTAD facilitators—critique current talent development models, discuss the limitations of the LTAD model, and demonstrate the benefits of LTAD as a new approach. By integrating knowledge of these models, readers are able to analyze their own programs and take steps to

improve sport and coaching philosophies and reach adherence and performance goals. Explanations and visuals of concepts help readers understand the state of knowledge in talent identification and long-term athlete development. Chapter-opening vignettes offer examples of how the LTAD model can be used to alleviate common issues. Listings at the end of each chapter offer sources for further study, and reflection questions guide readers in applying the content. The text offers a logical presentation of current research:

- Key factors that guide and shape the LTAD model, such as physical literacy, the differences between early- and late-specialization sports, and variations in trainability across the life span
- Information on the time needed to develop excellence in sport and how periodization of training is related to the developmental stage of the athlete
- The seven stages of LTAD, from development of fundamental movement skills to training for elite competition and the transition to lifelong physical activity
- Considerations in the development of optimal programs for participants passing through each of the seven stages

Long-Term Athlete Development is an essential guide to improving the quality of sport, developing high-performance athletes, and creating healthy, active citizens. It offers parents, coaches, and sport administrators a deeper understanding of the LTAD model, helping them create an enjoyable, developmentally appropriate environment for both competitive athletes and enthusiastic participants.

Developing Swimmers

A breakthrough program for triathletes -- beginner, intermediate, and advanced -- showing how to balance training intensity to maximize performance -- from a fitness expert and elite coach. Cutting-edge research has proven that triathletes and other endurance athletes experience their greatest performance when they do 80 percent of their training at low intensity and the remaining 20 percent at moderate to high intensity. But the vast majority of recreational triathletes are caught in the so-called "moderate-intensity rut," spending almost half of their time training too hard--harder than the pros. Training harder isn't smarter; it actually results in low-grade chronic fatigue that prevents recreational athletes from getting the best results. In 80/20 Triathlon, Matt Fitzgerald and David Warden lay out the real-world and scientific evidence, offering concrete tips and strategies, along with complete training plans for every distance--Sprint, Olympic, Half-Ironman, and Ironman--to help athletes implement the 80/20 rule of intensity balance. Benefits include reduced fatigue and injury risk, improved fitness, increased motivation, and better race results.

What Happens to Your Body When You Swim

Racing Weight is a proven weight-management program designed specifically for endurance athletes. Revealing new research and drawing from the best practices of elite athletes, coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training. This comprehensive and science-based program shows athletes the best ways to lose weight and avoid the common lifestyle and training hang-ups that keep new PRs out of reach. The updated Racing Weight program helps athletes:

- Improve diet quality
- Manage appetite
- Balance energy sources
- Easily monitor weight and performance
- Time nutrition throughout the day
- Train to get—and stay—lean

Racing Weight offers practical tools to make weight management easy. Fitzgerald's no-nonsense Diet Quality Score

improves diet without counting calories. Racing Weight superfoods are diet foods high in the nutrients athletes need for training. Supplemental strength training workouts can accelerate changes in body composition. Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite. Athletes know that every extra pound wastes energy and hurts performance. With Racing Weight, cyclists, triathletes, and runners have a simple program and practical tools to hit their target numbers on both the race course and the scale.

Runner's World Guide to Cross-Training

Swim better—and enjoy every lap—with Total Immersion, a guide to improving your swimming from an expert with more than thirty years of experience in the water. Terry Laughlin, the world's #1 authority on swimming success, has made his unique approach even easier for anyone to master. Whether you're an accomplished swimmer or have always found swimming to be a struggle, Total Immersion will show you that it's mindful fluid movement—not athletic ability—that will turn you into an efficient swimmer. This new edition of the bestselling Total Immersion features:

- A thoughtfully choreographed series of skill drills—practiced in the mindful spirit of yoga—that can help anyone swim more enjoyably
- A holistic approach to becoming one with the water and to developing a swimming style that's always comfortable
- Simple but thorough guidance on how to improve fitness and form
- A complementary land-and-water program for achieving a strong and supple body at any age

Based on more than thirty years of teaching, coaching, and research, Total Immersion has dramatically improved the physical and mental experience of swimming for thousands of people of all ages and abilities.

Mastering Golf's Mental Game

The golf psychologist credited with helping Phil Mickelson win the British Open in 2013 outlines his mental approaches to the game, explaining how to wholly embrace the mind, body and spirit while eliminating over-thinking and stress. 40,000 first printing.

The British National Bibliography

"Mastering Your PhD: Survival and Success in the Doctoral Years and Beyond" helps guide PhD students through their graduate student years. Filled with practical advice on getting started, communicating with your supervisor, staying the course, and planning for the future, this book is a handy guide for graduate students who need that extra bit of help getting started and making it through. While mainly directed at PhD students in the sciences, the book's scope is broad enough to encompass the obstacles and hurdles that almost all PhD students face during their doctoral training. Who should read this book? Students of the physical and life sciences, computer science, math, and medicine who are thinking about entering a PhD program; doctoral students at the beginning of their research; and any graduate student who is feeling frustrated and stuck. It's never too early -- or too late! This second edition contains a variety of new material, including additional chapters on how to communicate better with your supervisor, dealing with difficult people, how to find a mentor, and new chapters on your next career

step, once you have your coveted doctoral degree in hand.

Fast After 50

How to cross-train to improve running times and prevent overuse injuries--whether you are participating in your first 10-K or competing to win a marathon or triathlon If you want to enjoy a long, successful life of running, it's essential to incorporate non-running activities into your training program. Strength exercises will keep your muscles in balance. Flexibility exercises will keep them supple. And alternative endurance activities will help heal existing injuries while preventing future ones. In *Runner's World Guide to Cross-Training*, Matt Fitzgerald--seasoned runner, triathlete, sports and fitness journalist, and online coach to runners and triathletes--tells you everything you need to know about the very best cross-training exercises for runners, from the equipment you'll have to buy to the techniques you'll have to master. In addition to strength training and flexibility exercises, he recommends the six best non-impact cardiovascular activities for runners: pool running, elliptical training, bicycling, inline skating, swimming, and cross-country skiing. The book shows how to integrate running and cross-training, and features five complete sample programs that will train you to compete in a basic 10-K, advanced 10-K/half marathon, basic marathon, advanced marathon, and triathlon. Until now, there hasn't been a credible cross-training book designed especially for runners. With the imprimatur of *Runner's World* magazine-recognized everywhere as the most authoritative source of information on the sport-this excellent guide will be welcomed by runners at every level as the book to consult for advice on this vital topic.

Total Immersion

Winner of the 2012 National Book Critics Circle Award, *Autobiography Swimming Studies* is a brilliantly original, meditative memoir that explores the worlds of competitive and recreational swimming. From her training for the Olympic trials as a teenager to enjoying pools and beaches around the world as an adult, Leanne Shapton offers a fascinating glimpse into the private, often solitary, realm of swimming. Her spare and elegant writing reveals an intimate narrative of suburban adolescence, spent underwater in a discipline that continues to inspire Shapton's work as an artist and author. Her illustrations throughout the book offer an intuitive perspective on the landscapes and imagery of the sport. Shapton's emphasis is on the smaller moments of athletic pursuit rather than its triumphs. For the accomplished athlete, aspiring amateur, or habitual practicer, this remarkable work of written and visual sketches propels the reader through a beautifully personal and universally appealing exercise in reflection.

Masters Sport

SprintSalo

Trim seconds off your time, train more efficiently, or simply maximize your fitness workouts with Mastering Swimming. Renowned coaches Jim Montgomery and Mo Chambers have teamed up to create the ultimate swimming guide for masters athletes. Swimmers aged 18 to 120 will benefit from a targeted approach that covers these essentials: -Stroke instruction and refinement for freestyle, breaststroke, backstroke, and butterfly -Workout plans for fitness and competition -Training for open-water swimming and triathlon -Second-saving starts and turns In addition, Mastering Swimming covers equipment, dryland training, motivational strategies, and guidance for selecting a masters coach or program. With such complete coverage, it's the one resource you'll turn to time and again for a lifetime of serious swimming.

Nutrition for Sport, Exercise and Performance

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