



The Outdoor Athlete

Courtenay Schurman, Doug Schurman

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More than 160 million American adults participated in outdoor activities or adventure sports in 2005, according to the Outdoor Industry Foundation. While biking, trail running, and hiking remain the most popular, other activities like snowshoeing and mountaineering surge in popularity each year. Outdoor sport enthusiasts show incredible dedication to their endeavors, and *The Outdoor Athlete* is the ideal training manual to help them hike longer, paddle farther, ski faster, and climb higher.

The Outdoor Athlete is the most comprehensive training guide available, with 65 exercises, dozens of locales, and 17 programs covering the following activities:

- Hiking
- Trekking
- Backpacking
- Alpine mountaineering
- Scrambling
- Rock climbing
- Ice climbing
- Mixed climbing
- Trail running
- Mountain biking
- Kayaking
- Canoeing
- Rafting
- Cross-country skiing
- Snowshoeing
- Randonee skiing
- Telemark skiing

The Outdoor Athlete provides enthusiasts with the training guidelines, sport-specific programs, and instruction on exercises so they can prepare for, and excel at, their outdoor pursuits. Authors Courtenay and Doug Schurman use their extensive outdoor and training expertise to cover a full range of special instruction, from activity-specific environmental factors to nutritional considerations. With their expertise and the experience Human Kinetics brings as the leader in training and conditioning publications for both general athletics and specific sports, this book will be the resource for outdoor athletes.

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Frank Johnson:

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Eden Cohn:

A lot of people always spent all their free time to vacation as well as go to the outside with them household or their friend. Do you know? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity this is look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you just read you can spent all day long to reading a reserve. The book The Outdoor Athlete it is quite good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the particular e-book. You can m0ore easily to read this book from the smart phone. The price is not to fund but this book has high quality.

Joan Toon:

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