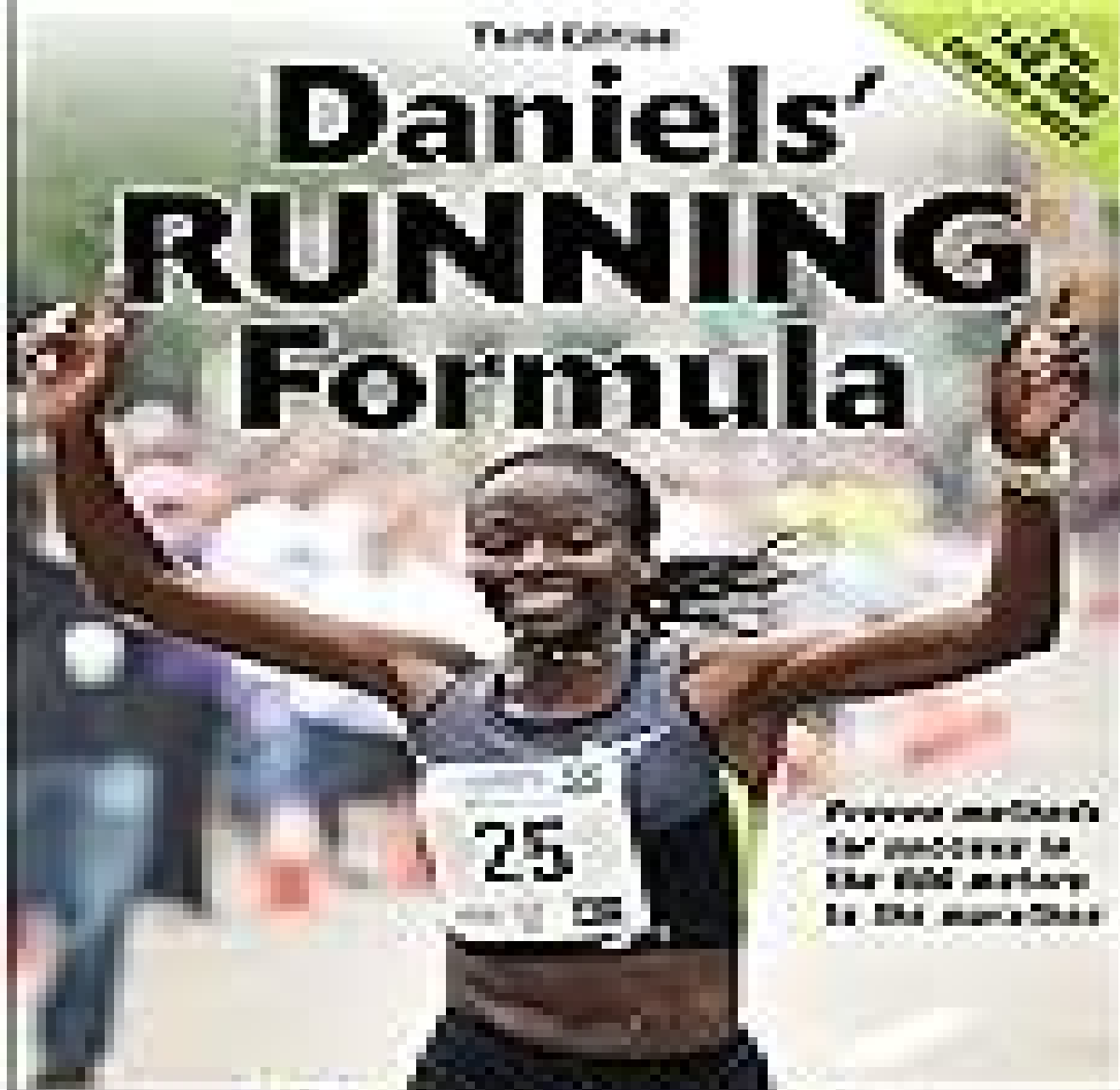


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desires in life Athlete Unleashed helps you navigate the second road which allows you to break free from those shackles find your passion and gives you the steps to unleash your best inner athlete Back when I was a high school baseball player guidance and strength training for high school sports was not too advanced The unfortunate truth is that for current athletes the training practices have not advanced much Current training practices are little better than general run of the mill fitness for most of our athletes and they deserve better They deserve a program that allows them the chance to compete at the highest level they desire while achieving peak health and fitness Whether you are attempting to make the team or you are ready to achieve your next level of athletics this is the book for you Athlete Unleashed helps guide you to find your passion while guiding you in addressing the key components to become more successful These components include developing the proper mindset balancing your work effort with the appropriate recovery specific nourishment for your needs the right movement for your success the steps for injury prevention recovery from injury and the planning for your season as well as your future

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Healthy Intelligent Training Keith Livingston, 2008-10 Based on the proven principles of Arthur Lydiard Runners World Coach of the Century this is a must have volume for anyone involved in middle distance running Healthy Intelligent Training provides readers with an easy to follow guide to the principles and training techniques that guided numerous athletes from across the globe to World Records and Olympic Gold Written by a former national level runner with contributions from Olympic medalists and coaches this superb volume shows you how to plan and follow your own training program to reach peak performance when you want

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