



## **Performance Training for Outdoor Sports: Essential program guide for natural movement**

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# Performance Training for Outdoor Sports: Essential program guide for natural movement

## Performance Training for Outdoor Sports: Essential program guide for natural movement

Performance Training for Outdoor Sports is a blueprint and action plan for performance training using nature as your gym. This textbook includes a collection of methods for maximizing your skills in the outdoor terrain, regardless if your sport is trail running, hiking, climbing or mountain biking, learning to train for outdoor sports and acquiring key natural movement skills, movement based training.

- \*Move on any outdoor terrain with confidence
- \*Set new records outdoor
- \*Step by step actionable program to practice during 4 weeks
- \*Compelling collections of techniques based in a set schedule of exercises
- \*Super Boost your endurance
- \*Train for strength and agility
- \*Full program explained
- \*Progressive levels with exercises
- \*All season training program
- \*Self paced to your schedule
- \*Develop strength, agility and power"

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