



Sailing Fitness and Training

By Mr Michael Blackburn

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Sailing Fitness and Training focuses on the human physical factors that affect sailing performance. You'll discover how to develop your strength, endurance, flexibility and agility for sailing. Sports Scientist and World Champion sailor and Coach Dr Michael Blackburn has written the ultimate guide to sailing fitness. This third edition of Sailing Fitness and Training has been extensively tuned up with the aid of another 10 years of experience sailing, training, setting training programs for others and, most recently, coaching Olympic Champions in the Laser - Tom Slingsby (2012) and Tom Burton (2016). In this edition, there's more of the training techniques that will help you get fitter quicker and more about what works consistently over the long term. Note: This paper edition has the same contents as the Kindle edition, just a different cover to tell them apart on Amazon!

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