



The Smarter Athlete: Your Guide to Peak Performance (Paperback)

By Eduardo Anorga

iUniverse, United States, 2006. Paperback. Book Condition: New. 224 x 146 mm. Language: English . Brand New Book ***** Print on Demand *****.Today s athletes not only have more competitors, they have to face tougher competition. In this environment it seems everyone is strong, naturally talented, and willing to work extremely hard. If you want to win, you need to be smarter than the competition. But how do you know which training techniques optimize your strength and endurance, or how to structure practice sessions to improve your skills and avoid injury? There is an abundance of valuable scientific information, but busy athletes don t have the time to read esoteric journals or dozens of books about sports science. This results in a huge gap between what is known to work and what most athletes are doing. Unfortunately, much of this gap is being filled by pseudoscientific, commercially driven hype. Author Eduardo Anorga, MD, draws on his medical experience to provide athletes with a comprehensive guide to obtaining maximum performance results, covering topics such as: Injury prevention Strategy development Staying focused Challenging environments Strength training Improving stamina Sports nutrition Psychological factors Concise and reliable, The Smarter Athlete: Your Guide to Peak...



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