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Reader's Choice Kim Flachmann, Michael Flachmann, Alexandra MacLennan, 2004 Sport Diver ,2000-07 *The Complete Guide to Sports Training* John Shepherd, 2013-05-31 The Complete Guide to Sports Training is the definitive practical resource for anyone wishing to improve their performance and for coaches looking to get the best out of their athletes The book demystifies sports science and provides athletes and coaches with the basic building blocks they need to maximise performance Starting with the basics and progressing to the specific elements all athletes need speed endurance and power this invaluable handbook explains the theory in simple easy to understand terms before discussing the most effective training methods and techniques as well as giving guidance on developing a training plan sports psychology and training younger and older athletes This is the first time such a wealth of sports science knowledge has been available in one book and written in such an accessible style and should become the sports training handbook for athletes coaches and sports science students **Choice** ,2007 **Sport Diver** ,2002-05 Sport Diver ,2004 Sport Diver ,1995-03 **Runner's World** ,2006-08 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling **Cincinnati Magazine** ,1994-03 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region *Reading Wellness* Jan Burkins, Kim Yaris, 2023-10-10 With so many state standards and demands of accountability it can be a challenge for teachers to teach in ways that create energy and enthusiasm for reading In their book Reading Wellness Lessons in Independence and Proficiency authors Dr Jan Burkins and Kim Yaris want to reignite the passion in teachers and drive them to instill confidence curiosity and joy in students Burkins and Yates define reading wellness to include all aspects of readership so we can be our best reading selves The book is built around a framework of four intentions alignment balance sustainability and joy It includes a series of field tested lessons that help children read closely and carefully while still honoring their interests passions and agency as readers Reading Wellness encourages each teacher to shape these ideas in ways that support personal ideals and goals while nurturing a love of reading and a passion for lifelong learning

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