

Free Verisurf Training

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surfing has evolved from a relatively obscure pastime to one of the fastest growing sports in the world today there are millions of surfers across the globe the art of surfing was the first book of its kind to avail participants both beginner and advanced with the same training and coaching principles of the more established and traditional sports it has empowered both recreational and competitive surfers to prepare for and catch the best waves this thoroughly revised and updated new edition with 160 color photos covers boards and equipment the anatomy of waves body position and stance and techniques for everything from paddling to walking the nose special chapters on competition and training biomechanics and the psychology of surfing round out this first of its kind textbook for the developing surfer inside you ll find information on the basics of boards and other gear the anatomy of waves and a review of basic maneuvers advanced techniques for everything from paddling to turning to walking the nose basic and advanced exercises for improving flexibility balance and stability strength training and power building routines cardiovascular endurance workouts as well as cross training options tips on performance nutrition and the latest advances in sports psychology a chapter on surf contests rounds out this coaching and training manual let the art of surfing help you develop a game plan to boost your physical technical and mental

performance and prepare to catch the next wave

scuba professional introduces readers of simon pridmore s other books scuba fundamental scuba confidential and scuba exceptional to a whole new level of the sport whereas the other books focus on how to scuba dive scuba professional looks at how diving is taught and how dive operations are conducted scuba professional is an excellent source of out of the box ideas and independent objective advice for instructors and dive operators it is also an indispensable guide for those aspiring to become dive professionals with chapters such as do you have what it takes and which training agency in short this is everything you wanted to know about working in scuba diving but never dared to ask scuba professional is not only for professionals serious divers who take more than a passing interest in their hobby and want to know what goes on behind the scenes will be fascinated by the topics addressed and the insights offered from a dive safety point of view simon looks at the bigger picture and in a series of chapters on avoiding and handling accidents sets out a framework for developing the safety culture within our sport he also examines the present state of key aspects of the dive industry and speculates as to the future there is quite simply nothing like this book the ultimate backstage pass into the business of scuba jill heinerth technical instructor trainer filmmaker terrific really good simon captures the key characteristics of the diving instruction milieu with insight and clarity associate professor simon mitchell diving physician the closest thing we have to an insiders guide to the dive industry peter symes publisher x ray magazine i wish this book had been available 20 years ago tamara thomsen owner diversions scuba madison

this textbook provides a method that allows freedivers and spearfishermen to identify a training path aimed at optimizing their results detailed guidance is provided on how to structure the various stages of specific preparation for static dynamic deep freediving and spearfishing it contains innovative training strategies and new specific exercises and series that can be combined with the traditional ones you can learn new ideas on how to organize the annual timetable of the training sequences orders frequencies when to increase the workload how and when to finalize the specific workout depending on the discipline while umberto pelizzari shares his experience and his training methodologies and how these latter have evolved and adapted throughout the years this manual is addressed to good level freedivers spearfishermen and trainers who are looking for answers about training and programs additionally it can be used by swimmers who want to train their own freediving skills in order to improve their performance over 250 pages with helpful pictures and explanatory tables that gather the result of years of experience of one of the worldwide greatest freedivers finally it includes interviews of some of the best freedivers in the world Čolak lozano molchanov musimu nery nitsch petrovic trubridge zecchini zuccari

race training with jim saltonstall is for all those who wish to improve their personal performance within the most challenging sport in the world it is aimed at racers at all levels of the sport from club right through to international level it aims to improve every aspect of a racer s personal performance from the most important self preparation to boat preparation boat handling boat tuning race strategy starting tactics racing rules compass work and meteorology the book is aimed at all classes dinghies keelboats catamarans and windsurfers as well as coaches at all levels providing training programmes and exercises jim saltonstall s method of coaching

and race training is acclaimed worldwide this book is certain to be welcomed by his devotees as well as newcomers to the sport of racing if there is one person responsible for the success of the current

swim like a pro is the most comprehensive guide for swimmers looking to improve their performance and health fares ksebati is one of the most trusted swim coaches in the world and has created a proven training program that has helped hundreds of thousands of swimmers improve their stroke technique and swim more efficiently swim like a pro uses a holistic approach to help you swim faster with less effort and with more enjoyment if you re just getting started in your swimming journey this couldn t be a better time to start the resources in this book in this book and the online course will not only expose you to the fundamentals of technique training but also the world of strength and conditioning nutrition and injury prevention swim like a pro will offer you a fresh perspective on swimming a deeper understanding of stroke technique and training a strategy to set smart swimming goals a holistic approach to swim smarter nutrition dryland and mental training a series of inspiring stories are you ready to swim faster and smarter than ever before take action towards your goals and order swim like a pro now online course swim like a pro offers an online video course that includes swim drills workouts links to additional video content and an exclusive q a section that will grow over time swimlikeapro orgevery chapter has a corresponding video s and section in the online course you ll be able to see and hear my explanation for each concept and stroke technique in this book seeing a visual representation of each concept can make all the difference in how fast you make progress the online course has bonus video sections a swim workout template and interviews with swimmers who have lost weight completed ironmans and even won olympic medals while the online video course is not required it s highly encouraged testimonials as a former professional swimmer i understand how important proper technique training is to reaching your goals swim like a pro makes swimming accessible to beginners while also helping seasoned athletes reach their full potential the online video course helps you visualize the correct technique in order to swim faster with less effort peter vanderkaay 3x olympian 4x olympic medalist fares translated his passion and enthusiasm for swimming into the user friendly app that is myswimpro whether you are looking to swim for fitness or train for the english channel the holistic approach and vast library of dryland videos technique tips and workouts will help you accomplish your goal be ready to find a new love for swimming and the water catherine breed 4x open water record holder 2x pan american gold medalist swim like a pro is a must read for any triathlete looking to improve their swimming technique and training fares has helped thousands of swimmers and triathletes of all ages and abilities reach their full athletic potential this book offers the perfect entry point for someone looking to take their swimming to the next level mitch thrower 23x ironman 11x ironman world championships about the author fares ksebati is an entrepreneur swimmer coach and mentor helping people turn their dreams into a reality he has been featured by apple forbes sports illustrated and men s health fares is the co founder of myswimpro world swim day and multiple business ventures that have impacted millions of people around the world fares is an avid world traveler and keynote speaker he is a bosphorus cross continental swimmer and three time u s masters swimming individual national champion his goal is to inspire and empower others to take action on their dreams he advocates for a growth mindset and continuous self improvement follow fares on social media faresksebati

surfing is one of the fastest growing sports in america coach raul guisado presents a complete course for beginners and for more experienced surfers ways to improve their technique or expand their repertoire he covers boards and other equipment the anatomy of waves body position and stance and techniques for everything from paddling to walking the nose

this pioneering book integrates mathematics into swim training to create an intellectual journey into patterns exercise your body and mind with over 35 training programs derived from mathematical ideas dive into the history of mathematics and computer science to discover structures that will enrich your exercise routine you don t need prior knowledge of mathematics or programming just a curious mindset and the desire to swim interesting programs this book will gently introduce you to the tools and knowledge you need to create programmatic training sessions learn how to write your training patterns using the swimming markup language swiml then level up with the python programming language to express even the most intricate training patterns creating swim training programs for every day of the week has never been easier

fit to surf a cutting edge surfing specific fitness guide supplies surfers of all levels of experience with everything they need to create a personal fitness program that builds strength and endurance increases balance and coordination and minimizes the risk of injury personal trainer rocky snyder himself an avid surfer with two decades of experience riding the waves provides easy to follow step by step instructions supplemented with 60photographs of conditioning exercises that can be performed at home in the gym or on the water

the complete guide to surf fitness brings together all the latest knowledge and techniques to offer a complete training program for beginners to pro s illustrated with more than 150 annotated photos and inspiring surf images the guide covers everything from stretching and flexibility exercises to core strength resistance training and plyometrics also covered is the use of exercise equipment such as swiss balls indo boards and bosu balls as well as a swimming program and tips for young surfers there s no need to join a gym as all the exercises can be done at home

the book is a complete guide a manual for the 1st level of freediving technique the writer uses his thirty years of experience as an instructor and designer of freediving courses but most of all the 15 years during which he has certified more than 1 000 free divers in the 3 levels of diver training and describes a step by step method for reaching the first 10 meters in freediving the chapters of the book literally follow the new freediver through the series of steps he must take from dressing up and entering the water to his surface swimming and the adaptation of his senses inside the water as well as all the buoyancy adjustments he will have to make at the surface and before each dive the book presents the freedive as a nicely structured logical chain of skills that are explained and presented through a large number of impressive underwater photos of actual diver training even the possible mistakes in performing the dive skills are analyzed and explained the descent to the seabed covers the greater part of the book and everything is presented in a step by step movement or skill while the reader quickly finds himself participating in the dive and trying to make the right moves every step is explained in detail for example the methods of equalizing the ears and the different

techniques in order to learn how to equalize and avoid a blocked ear the ascent phase of the freedive is described in similar detail and presented through many actual training photos the book covers the use of the buddy system in freediving presenting the methods used for providing safety and communicating underwater the methods of planning a freedive are analyzed in detail both for the diver and for the buddy monitoring the dive the organization of a day s series of freedives is also presented as a diver will have to learn how to create a daily plan of his different dives the dangerous incidents in freediving are considered problems that block or delay the ascent while rescue techniques and safety measures are also described dangerous situations that every freediver should know how to avoid and how to handle as a rescuer are covered in detail in the final chapter as the writer says a book cannot of course replace training or an entire dive learning program today however our era might offer great training programs and excellent instructors but no remarkable books comprehensive technique guides so the mission of this book is to accompany the new freediver into the sea and to help him step by step in building an excellent technique and achieving new goals in freediving like his best trainer and dive buddy

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