Google Drive



How to Increase Your Stand Up Paddling Performance

Suzie Cooney

Download now

Click here if your download doesn"t start automatically

How to Increase Your Stand Up Paddling Performance

Suzie Cooney

How to Increase Your Stand Up Paddling Performance Suzie Cooney
This incredibly valuable book on stand up paddling performance is the next best thing to having Suzie there next to you on the water and on land, training and coaching you. You might not be able to get to Maui, but Suzie Trains Maui can now come to you! Take advantage of these jewels NOW before your next race. Immediately you'll discover how to: • dominate with more paddle power • become faster off the start • build more body and water confidence • increase your mental game • choose the right fuel for training and race day • develop your very own SUP program • improve your balance • download a FREE SUP Training Log There are hundreds of step-by-step photographs showing exactly how to increase your SUP performance. Improving your cardio capacity and endurance, learning how to develop better balance and faster reaction times for changing conditions, breaking waves or tight buoy turns; are just some of the many ways she will help you increase your paddle board performance. The book you've been waiting for from Maui's elite SUP ocean trainer, athlete and globally known ambassador of the sport, Suzie Cooney, is finally here. Current world SUP champion, Annabel Anderson writes, "Suzie is not only a trainer and athlete, but an 'athlete of life'. Suzie brings a compliment of skills to any situation that are garnered from the school of hard knocks to help harness a person's athletic and personal potential. While you may see a strong, aesthetically beautiful woman from the outside, it's her life experience that has honed her steely resolve, tenacity, resilience, knowledge and power to overcome the unthinkable. When you read this book, you're tapping into this bank of knowledge to emerge with an arsenal of tools to help you go forward." There is no other book like this and her exercises and approach to increasing one's paddling strength and performance works. You'll be strong with the right amount of lean muscle for endurance but you'll also have the muscle strength for explosive paddling power. You'll also receive a FREE downloadable SUP Training Log that will help you chart and map your goals to success. Learn how to keep your head in the game and become more mentally tough, fierce and smart for some of your toughest races or new SUP challenges. Suzie writes, "Mental discipline and training your brain for paddling excellence has nothing to do with willpower and everything to do with believing you can achieve your goal." She also adds, "Whether you're new to the sport of stand up paddling or preparing for an exciting Maui Maliko downwinder or a sprint race, having upper body paddling strength and endurance is critical to your success and enjoyment of the sport. I want you to have the ammunition and extreme body confidence you need to help you pass a competitor, make every wave, and dominate." Because you are unique and so is your current level of fitness, you will learn how to develop your own training program that you can design to best fit your fitness paddling needs. This book will also educate you and help you make the best nutrition decisions for training up to the week before and on race day. The more you know why your body needs certain types of food for fuel to help you faster to the finish line, or just to help you finish a grueling race; the better prepared you'll be and the better outcome you'll have in your overall SUP training and performance. Suzie trains people and athletes from around the world via SKYPE and some are lucky enough to come and paddle and train with her on Maui. Maybe one day that will be you, but for now take this book with you to the beach, to the gym and to the water's edge and watch your SUP performance soar.

Download How to Increase Your Stand Up Paddling Performance ...pdf

Read Online How to Increase Your Stand Up Paddling Performan ...pdf

Download and Read Free Online How to Increase Your Stand Up Paddling Performance Suzie Cooney

---

From reader reviews:

Mary Oropeza:

This How to Increase Your Stand Up Paddling Performance book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is actually information inside this reserve incredible fresh, you will get info which is getting deeper a person read a lot of information you will get. That How to Increase Your Stand Up Paddling Performance without we comprehend teach the one who reading it become critical in pondering and analyzing. Don't end up being worry How to Increase Your Stand Up Paddling Performance can bring when you are and not make your case space or bookshelves' turn into full because you can have it with your lovely laptop even mobile phone. This How to Increase Your Stand Up Paddling Performance having excellent arrangement in word along with layout, so you will not experience uninterested in reading.

Viola Waters:

Reading can called imagination hangout, why? Because if you find yourself reading a book especially book entitled How to Increase Your Stand Up Paddling Performance your brain will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging just about every word written in a publication then become one web form conclusion and explanation this maybe you never get ahead of. The How to Increase Your Stand Up Paddling Performance giving you another experience more than blown away the mind but also giving you useful information for your better life with this era. So now let us show you the relaxing pattern this is your body and mind will be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

Charlotte Bernstein:

Do you have something that that suits you such as book? The reserve lovers usually prefer to choose book like comic, quick story and the biggest one is novel. Now, why not striving How to Increase Your Stand Up Paddling Performance that give your satisfaction preference will be satisfied through reading this book. Reading addiction all over the world can be said as the opportinity for people to know world a great deal better then how they react to the world. It can't be claimed constantly that reading habit only for the geeky man but for all of you who wants to always be success person. So , for every you who want to start examining as your good habit, you are able to pick How to Increase Your Stand Up Paddling Performance become your own personal starter.

Tyrone Hogans:

Do you like reading a publication? Confuse to looking for your chosen book? Or your book was rare? Why so many question for the book? But almost any people feel that they enjoy with regard to reading. Some people likes reading, not only science book but novel and How to Increase Your Stand Up Paddling

Performance or even others sources were given know-how for you. After you know how the good a book, you feel wish to read more and more. Science publication was created for teacher or even students especially. Those textbooks are helping them to include their knowledge. In various other case, beside science book, any other book likes How to Increase Your Stand Up Paddling Performance to make your spare time much more colorful. Many types of book like this one.

Download and Read Online How to Increase Your Stand Up Paddling Performance Suzie Cooney #CP3NFBUX6J9

Read How to Increase Your Stand Up Paddling Performance by Suzie Cooney for online ebook

How to Increase Your Stand Up Paddling Performance by Suzie Cooney Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read How to Increase Your Stand Up Paddling Performance by Suzie Cooney books to read online.

Online How to Increase Your Stand Up Paddling Performance by Suzie Cooney ebook PDF download

How to Increase Your Stand Up Paddling Performance by Suzie Cooney Doc

How to Increase Your Stand Up Paddling Performance by Suzie Cooney Mobipocket

How to Increase Your Stand Up Paddling Performance by Suzie Cooney EPub