

FALL 2020

MEYER & MEYER

THE SPORTS
PUBLISHER





FALL 2020

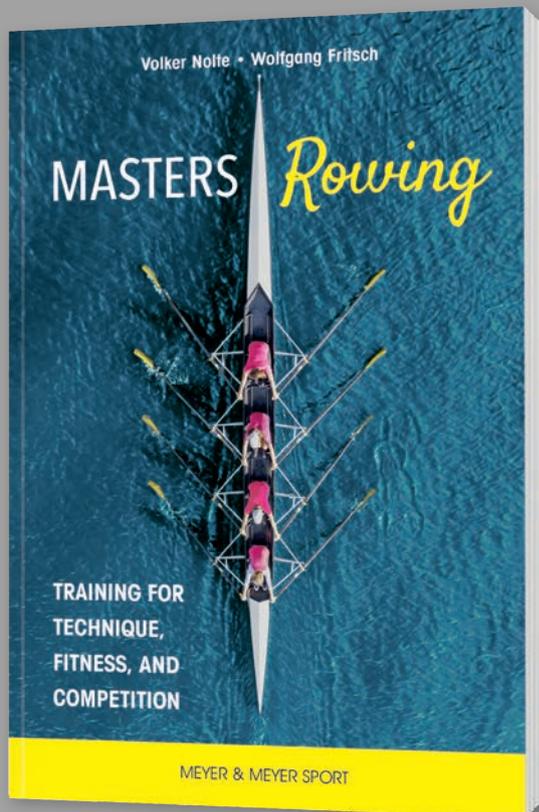
CONTENTS

NEW TITLES	4
WATER SPORTS	4
HEALTH & FITNESS	5-7
RUNNING	8-9
SOCCER	10
NARRATIVE	11
BACKLIST	12-30
FOLLOW OUR NEW AUTHORS	31
EBOOK PROMOTIONAL SALES	32
A LETTER FROM THE PUBLISHER	35
AUTHORS & EDITORS	36-37
INDEX	38
CONTACTS	39

MASTERS ROWING

JANUARY 2021

TRAINING FOR TECHNIQUE,
FITNESS, AND COMPETITION



Rowing attracts not only former racing rowers who return to rowing for fitness, health, and competition, but also the many late and lateral entrants who are perhaps competing for the first time. The growing interest in the sport means proper instruction for these masters rowers is crucial.

Masters Rowing caters to interested beginners learning the sport and adapting their boating equipment, as well as to ambitious masters rowers looking to improve their technique.

Within this book, the reader will find tips for fitness training and hints for competition, all backed by scientific research. In addition, the reader will understand the theoretical basics of training and performance development of active but older rowers. Coaches of masters rowers will also be able to apply the information in this book to their athletes' training.

With *Masters Rowing*, readers will be able to increase their fitness and hone their skills to compete at their best.

DR. VOLKER NOLTE was a successful rower before transitioning to coaching and winning several medals, including a silver medal in the 1996 Olympics. His research into the biomechanics of rowing has resulted in international renown. Nolte is still an active rower today, racing at an international level.

DR. WOLFGANG FRITSCH won numerous championship titles, including the gold medal in Nottingham in 1975. He has been involved in teaching for over 40 years, especially in the training and further education of coaches in the German Rowing Federation. Dr. Fritsch has written numerous articles and standard works on education and training in rowing and on the development of rowing.



296 p., in color

233 photos, 61 illus.

Paperback, 6.5" x 9.5"

ISBN: 9781782552109

**\$ 24.95 US/
£ 22.50 UK/€ 24.95 EUR**



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FORKING WELLNESS

YOUR NO-NONSENSE GUIDE TO HEALTH AND NUTRITION

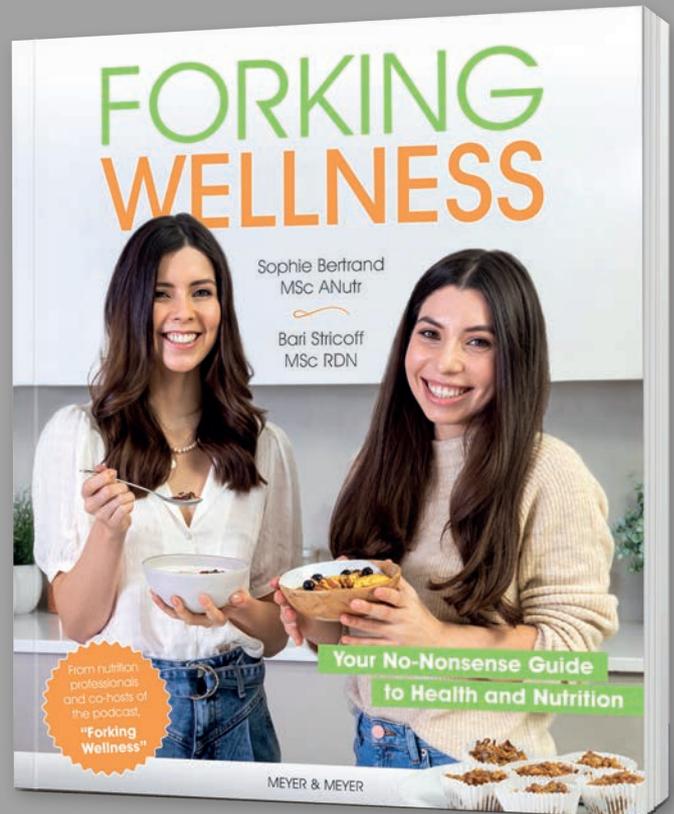
JANUARY 2021

Registered Nutrition Professionals, Sophie Bertrand and Bari Stricoff, co-hosts of the “Forking Wellness” podcast, take an “all food is fit” approach to eating. With the abundance of health and nutrition information out there, it’s hard to keep up and know what’s fact and what can be harmful.

How does one eat for longevity, a healthy gut, reduce the risk for cardiovascular disease, all while trying to enjoy food without obsessing? Sophie and Bari are on a mission to simplify the information and make wellness a realistic and relatable topic that no longer seems so “all or nothing.”

In addition to breaking down the nutrition basics, the authors will guide the reader through what “balance” really means when eating, how to overcome black-and-white thinking about food, and how to implement mindful eating and eating intuitively. It will also provide the reader with simple tools for eating sustainably and on a budget and 45 delicious recipes.

With this book, the reader is guaranteed to *forking* understand wellness!



Together, they have more than 78,000 followers on Instagram.

SOPHIE BERTRAND is a Registered Associate Nutritionist (ANutr) with a BSc Psychology degree, an MSc in Clinical Nutrition, and is the founder of Sophie’s Healthy Kitchen. She has also obtained a diploma in Nutritional Interventions for Eating Disorders accredited by the British Psychological Society (BPS) and an additional diploma in Intuitive Eating.

BARI STRICOFF is a Registered Dietitian (RD) from New York, who moved to London to complete her Masters in Eating Disorders and Clinical Nutrition at University College London (UCL). Throughout her career as a dietitian, Bari has worked in both the clinical and private sectors, working with in- and out-patient clients to help them achieve their nutrition-related goals.



288 p., in color

55 photos

Paperback, 7" x 10"

ISBN: 9781782552093

**\$ 24.95 US/
£ 22.50 UK/€ 24.95 EUR**

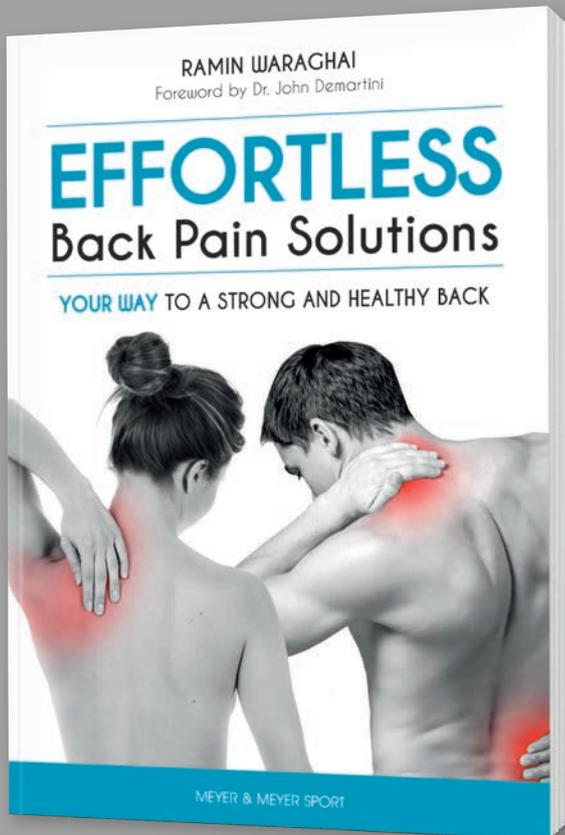


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EFFORTLESS BACK PAIN SOLUTIONS

DECEMBER 2020

YOUR WAY TO A STRONG AND HEALTHY BACK



Modern medicine's typical response to back pain is often surgery or strong painkillers, yet this conventional medicine is unable to eradicate the pain completely. Not only that, but the countless, often contradictory training and therapy approaches and empty healing promises of alternative medicine often lead a person afflicted with back pain on an almost endless journey of confusion and despair.

These people need search no longer. This book will answer the questions: Where do the problems really come from, and what is the best way to alleviate the pain? Using his EFFORTLESS method, Ramin Waraghai aids readers in deciding which activities will help them personally achieve a strong, healthy, and *pain-free* back!

The EFFORTLESS method:

- ▶ Exercises
- ▶ Favorite activities
- ▶ Fuel (nutrition)
- ▶ Optimizing environment
- ▶ Reason (for pain)
- ▶ Treatment
- ▶ Load management
- ▶ Ergonomics
- ▶ Social support
- ▶ Stress management

RAMIN WARAGHAI is a sports scientist who has also suffered from chronic back pain since he was 14 years old. After years of ineffective therapy, he decided it was up to him to eliminate his own back pain. His success prompted him to develop his own training concept, known as M.Ü.H.E.L.O.S. in German, which follows the EFFORTLESS method presented in this book. In 2016, Ramin launched the certified online training program, *Rücken Fit Challenge*. Since then, he has helped hundreds of people improve their back health and well-being. He currently lives in Germany.



208 p., in color
146 photos, 9 illus.
Paperback, 6.5" x 9.5"

ISBN: 9781782552079

**\$ 16.95 US/
£ 14.95 UK/€ 16.95 EUR**



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THE PICK 'N MIX DIET

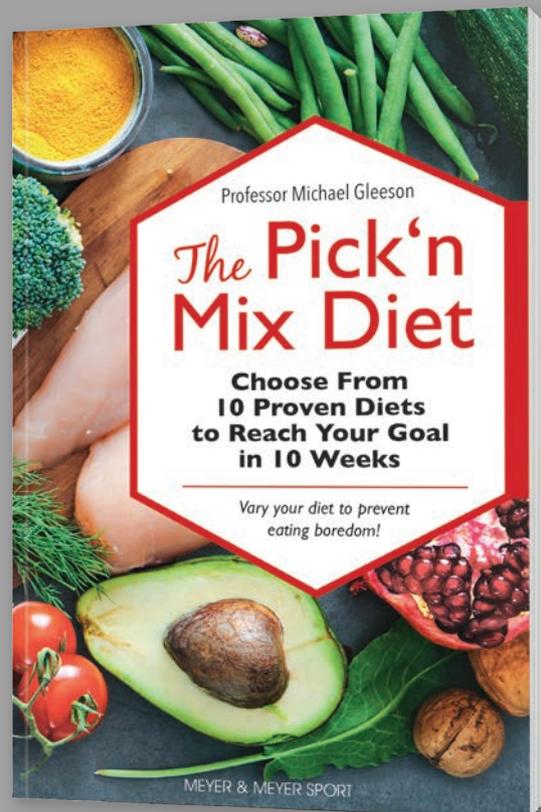
CHOOSE FROM 10 PROVEN DIETS
TO REACH YOUR GOAL IN 10 WEEKS

DECEMBER 2020

This book will help the reader lose weight by using a very different approach from other diet and nutrition books. Unlike those books, the weight-loss plan presented here doesn't require sticking to the same boring diet for several months, but rather incorporates 10 different diets that can be changed every week. These diets include reduced carb, reduced fat, high protein, low energy density, and various intermittent fasting diets—all backed by scientific evidence.

By picking and mixing various diets, readers will prevent dieting boredom, have fewer cravings, and will be more likely to stick to their weight-loss plans. More importantly, the variety will ensure there are no nutrient deficiencies. In addition, the diets are combined with light to moderate exercise so that the reader will only lose fat, not lean muscle.

This unique but evidence-based approach to weight loss is guaranteed to be effective, healthy, and safe. With *The Pick 'n Mix Diet*, the reader will achieve any weight-loss goal!



MICHAEL GLEESON is Emeritus Professor of Exercise Biochemistry in the School of Sport, Exercise and Health Sciences at Loughborough University (UK). He is a world authority on exercise biochemistry, immunology, and nutrition. Following his retirement in 2016 at the age of 60 he has turned his attention to how ordinary people can achieve optimal health and live healthier for longer. He published his first solo book, *Eat, Move, Sleep, Repeat*, in January 2020, and his second book, *Beating Type 2 Diabetes*, in April 2020.



136 p., B & W
50 photos, 14 illus., 12 tables
Paperback, 5.5" x 8.5"

ISBN: 9781782552130

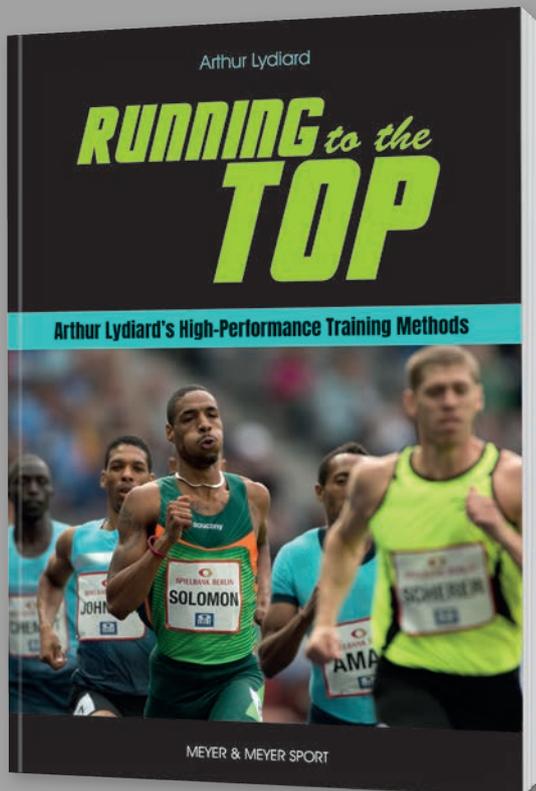
**\$ 16.95 US/
£ 14.95 UK/€ 16.95 EUR**



RUNNING TO THE TOP

FEBRUARY 2021

ARTHUR LYDIARD'S HIGH-PERFORMANCE TRAINING METHODS



Since the outstanding success of his New Zealand athletes Snell, Halberg, and Magee at the 1960 Rome Olympics, Arthur Lydiard's name has been synonymous with the best training methods used by the world's top middle- and long-distance runners. Arthur Lydiard's methods are just as relevant today as they were 60 years ago and are still used by top athletes looking to enhance their performance.

This new edition presents Lydiard's high-performance training techniques and includes systematic, detailed training programs based on his definition of fitness. Each runner can tailor the programs to his or her goal.

Also included are tips for the best running gear, nutrition, preventing injury, and therapy, and the book even delves into the relationship between the coach and the athlete—making it a must-have for all runners and coaches.

New Zealander **ARTHUR LYDIARD** ONZ OBE was the most successful trainer of middle- and long-distance runners in the world. He coached runners from different countries, including Peter Snell—who won the gold three times. Arthur Lydiard was also the founder of the jogging movement and credited with making running popular. Lydiard died in April 2004, but his legacy as one of the outstanding coaches of all time survives to this day.

GARTH GILMOUR is a journalist and has been Lydiard's coauthor since 1960. He has written biographies of famous athletes, Murray Halberg, Peter Snell, Sandra Barwick, world famous as an ultradistance runner, and paraplegic sportswoman Eve Rimmer.

3rd edition

192 p., in color

22 photos

Paperback, 6.5" x 9.5"

ISBN: 9781782552116



**\$ 16.95 US/
£ 14.95 UK/€ 16.95 EUR**



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GALLOWAY'S 5K/10K RUNNING

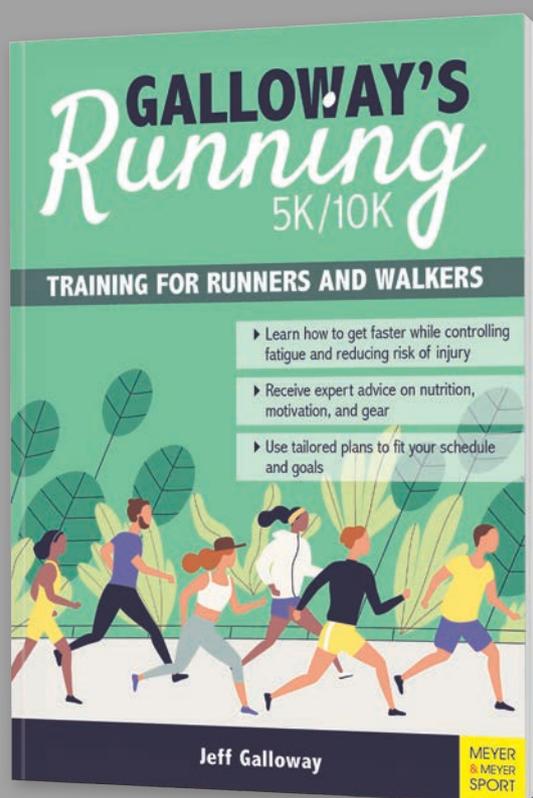
OCTOBER 2020

TRAINING FOR RUNNERS & WALKERS

In this book for runners and walkers, Olympian Jeff Galloway offers an easy, time-efficient method for training for a 5K or 10K. Using Galloway's proven Run Walk Run® method, the reader will gain control over fatigue while reducing or eliminating aches and pains. Detailed training schedules help beginners finish each training session strong, and time goal programs help advanced runners shave time off their finishes.

In addition to the training plans, Galloway provides easy-to-read advice on medical checkups, nutrition for runners, fat-burning workouts, choosing appropriate running shoes, and how to stay motivated. With the race day checklist, every runner will be prepared for the big day, reducing the stress that happens before a runner's first race.

With this book, all runners, at any level, will reduce fatigue and finish each race strong!



JEFF GALLOWAY was an average teenage runner who kept learning and working harder until he became an Olympian. He is the author of the bestselling running book in North America (*Galloway's Book on Running*) and was a *Runner's World* columnist for over 20 years, as well as an international speaker for more than 200 running and fitness sessions each year. He has worked with over 400,000 average people training for specific goals. Galloway is the designer of the walk-run, low-mileage marathon training program, Galloway Run Walk Run®, that has an over 98% success rate.



4th edition

200 p., in color

35 photos

Paperback, 6.5" x 9.5"

ISBN: 9781782552062

\$ 16.95 US/

£ 14.95 UK/€ 16.95 EUR

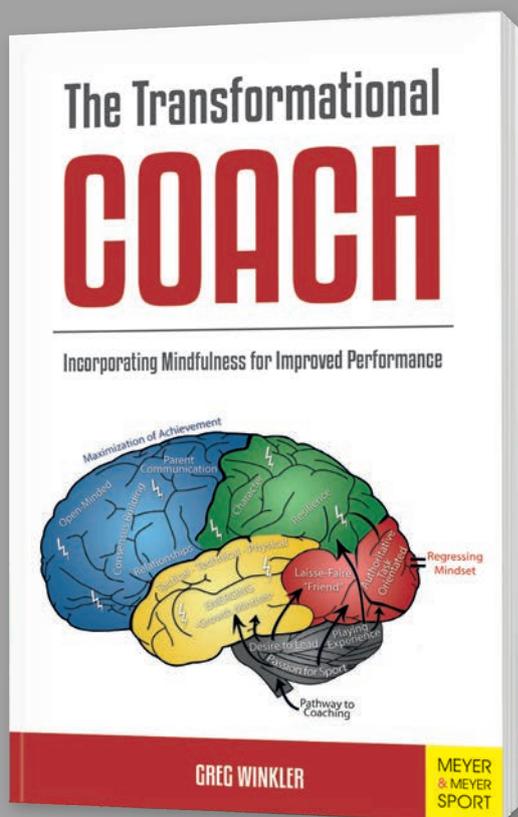


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THE TRANSFORMATIONAL COACH

SEPTEMBER 2020

INCORPORATING MINDFULNESS FOR IMPROVED PERFORMANCE



American youth athletes are abandoning athletics at an alarming rate, with 70% of children dropping out of youth sport programs by the age of 14. One of the top reasons for this dropout rate is poor coaching. Yet, only 30% of youth and high school coaches have any formal training.

The Transformational Coach gives coaches the tools to build relationships, move their teams forward, and improve the development of their players as they progress to the next level. The book teaches them how to guide with a purpose. With better coaching, the youth participation crisis in the United States can be addressed, and the negative parent perception can be fixed. This book will develop strong coaches who will lead the way.

The Transformational Coach is about shifting the mindset of coaches—and even players and parents—to build stronger players, a stronger team, and a stronger program!



With more than 30 years of experience as an educator, coach, and administrator, **GREG WINKLER** is currently head coach of the boys' soccer team at Charlotte High School in Punta Gorda, Florida, where he also serves as a physical education teacher at the Charlotte Campus of Florida SouthWestern State College. Greg was named to the Wisconsin Soccer Association Hall of Fame's Class of 2015 and the Wisconsin Soccer Hall of

Fame's Class of 2017, which recognize a coaching career that includes more than 400 wins at both youth and high school levels.



160 p., B & W
Paperback, 5.25" x 8.5"

ISBN: 9781782552055

**\$ 12.95 US/
£ 9.95 UK/€ 12.95 EUR**



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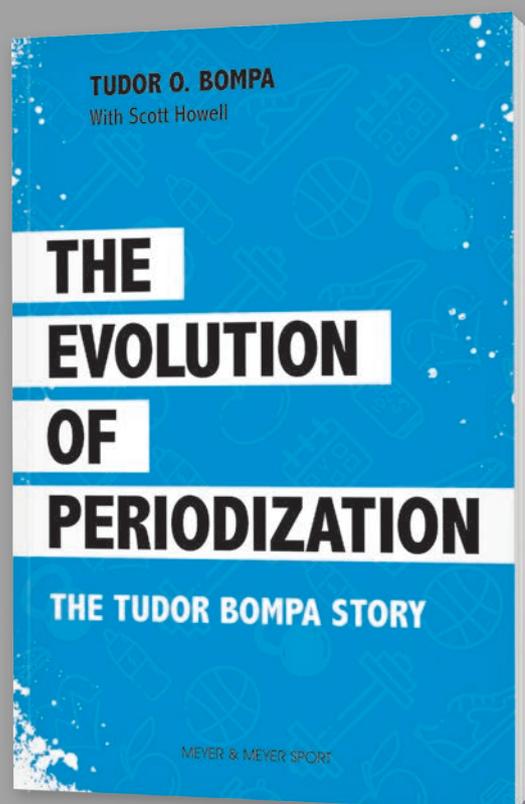
THE EVOLUTION OF PERIODIZATION

THE TUDOR BOMPA STORY

DECEMBER 2020

This is the story of how Tudor Bompa, the creator of the periodization training method, became a sports science legend. From his early years and experience with rowing, defection from communism and struggling to learn English, earning a PhD in biomechanics, and becoming a professor at the University of Toronto, to the conceptualization of periodization, Dr. Bompa details his journey and how his training methodology—periodization—evolved into the greatest method in sports science training of the 20th century.

This autobiography fills in the gaps between what has been written and what has occurred. It is a riveting account of the man behind periodization and how this training method evolved and became the most widely used methodology of sports training in history—which is still relevant today.



TUDOR BOMPA, PHD, has revolutionized many aspects of periodization training, starting with periodization of strength and power in 1963. He has published 16 books on training, political science, and social anthropology. Dr. Bompa has presented his training theories and plans in over 40 countries. He has received 23 international awards in 21 countries, including the highest academic award, Doctor Honoris Causa, Polytechnic University of Timisoara, Romania.

SCOTT HOWELL, MD, PHD, is an advocate of the Tudor Bompa Institute and Research Director of Tier 1 Health and Wellness, Center for Clinical Research in Tennessee. His primary expertise includes integrated periodization, androgen metabolism, interpretation of clinical research, statistical analysis, and research methods.



312 p., B & W

35 photos

Paperback, 6" x 9"

ISBN: 9781782552086

\$ 26.95 US/

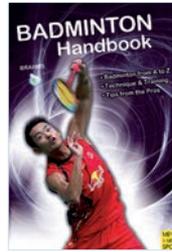
£ 24.95 UK/€ 26.95 EUR



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THE PHILOSOPHY OF THE GAME

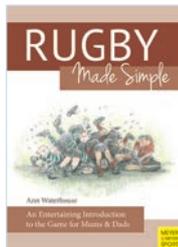
Badminton is one of the fastest sports in the world, and a smash by a Chinese player has been measured at 206 miles per hour, faster even than a golf ball. Just as badminton has grown in popularity around the world in the past 20 years, and has now been recognized as an Olympic Sport, the sport itself has also changed a great deal.



Bernd-Volker Brahm
BADMINTON HANDBOOK
Training – Tactics – Competition

This compact, groundbreaking training manual gives the reader an overall insight into the world of badminton. Training theory and background information about the sport and its stars relate the excitement of this sport.

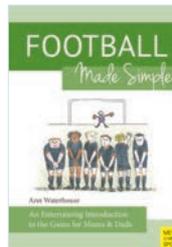
2nd edition, 192 p., in color, 187 photos, 25 illus., paperback, 6 1/2" x 9 1/4"
ISBN: 9781782550426
\$ 18.95 US/£ 14.95 UK/€ 18.95 EUR



Ann Waterhouse
RUGBY MADE SIMPLE
An Entertaining Introduction to the Game
for Mums & Dads

If you will be cheering on a rugby touch line this winter, but are still mystified by the antics on the pitch, this is the book for you.

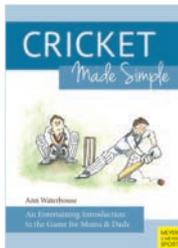
96 p., in color, 44 illus., paperback, 5 3/4" x 8 1/4"
ISBN: 9781782550631
\$ 9.95 US/£ 6.95 UK/€ 8.95 EUR



Ann Waterhouse
FOOTBALL MADE SIMPLE
An Entertaining Introduction to the Game
for Mums & Dads

If you have a footballer in your life, but don't understand the game at all, then this is the book for you.

136 p., in color, 49 illus., paperback, 5 3/4" x 8 1/4"
ISBN: 9781782550525
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Ann Waterhouse
CRICKET MADE SIMPLE
An Entertaining Introduction to the Game
for Mums & Dads

If you will be sitting by a cricket pitch this summer, but are still mystified by the antics on the field, this is the book for you.

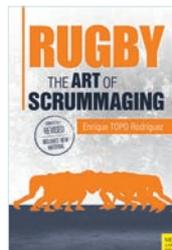
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\$ 9.95 US/£ 6.95 UK/€ 8.95 EUR



Graeme Copas
THE RUGBY WORLD CUP 2019 BOOK
Everything You Need to Know About the Rugby World Cup

Whether the reader is a newcomer or a seasoned supporter, this comprehensive guide to the 2019 Rugby World Cup in Japan will provide him with all the information needed to understand and enjoy the third biggest sporting competition in the world.

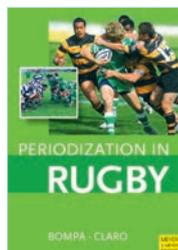
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ISBN: 9781782551744
\$ 14.95 US/£ 12.95 UK/€ 14.95 EUR



Enrique TOPO Rodríguez
RUGBY: THE ART OF SCRUMMING
A History, a Manual and a Law Dissertation
on the Rugby Scrum

The Art of Scrumming is an authoritative work on scrumming, covering every conceivable aspect from history, technique, safety and physical conditioning to scrum law.

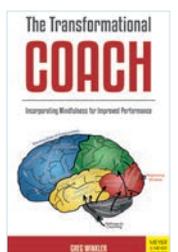
376 p., in color, 13 photos, 1 chart, paperback, 6 1/2" x 9 1/4"
ISBN: 9781782550594
\$ 24.95 US/£ 16.95 UK/€ 22.95 EUR



Bompá/Claro
PERIODIZATION IN RUGBY

Rugby is a sport of technical finesse, tactical boldness and complex physical development. This book presents principles for good physical conditioning, explains the physiological demands of rugby, and address concepts like power, speed, and endurance.

224 p., b/w, 69 photos, 100 illus., paperback, 6 1/2" x 9 1/4"
ISBN: 9781841262536
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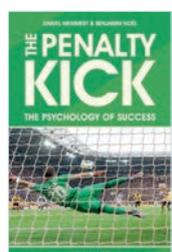


Greg Winkler
THE TRANSFORMATIONAL COACH
Incorporating Mindfulness for Improved Performance

The Transformational Coach is about shifting the mindset of coaches—and even players and parents—to build stronger players, a stronger team, and a stronger program!

160 p., b/w, Paperback, 5.25" x 8.5"
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\$ 12.95 US/£ 9.95 UK/€ 12.95 EUR

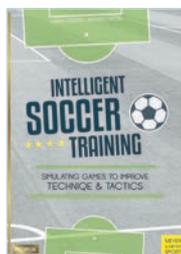
NEW



Memmert/Noël
THE PENALTY KICK
The Psychology of Success

This book presents research on penalty kicks from 130 scientific studies. A successful penalty kick takes more than just luck, and *The Penalty Kick* demystifies the science so that the reader knows how to win every penalty kick!

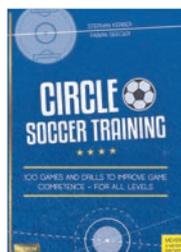
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ISBN: 9781782551942
\$ 16.95 US/£ 14.95 UK/€ 16.95 EUR



Fincke/Seeger
INTELLIGENT SOCCER TRAINING
 Simulating Games to Improve Technique & Tactics

The 150 training forms teach the basic tactical and technical skills of modern soccer. Furthermore, the book discusses running behavior, techniques, group tactics, variable games entries, as well as the improvement of action speed and game intelligence.

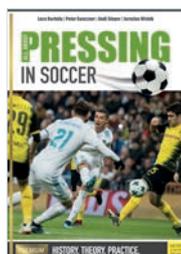
200 p., in color, 100 photos & illustrations, Paperback, 8.3" x 11.7"
 ISBN: 9781782551706
 \$ 24.95 US/£ 22.50 UK/€ 24.95 EUR



Kerber/Seeger
CIRCLE SOCCER TRAINING
 100 Games and Drills to Improve Game Competence – For All Levels

The concepts of circle soccer and their application in training are important for all players—at any level—to develop their technical playing abilities. With *Circle Soccer Training*, players can create a competitive advantage over their opponents.

216 p., in color, 208 photos + illus., Paperback, 8.27" x 11.69"
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 \$ 24.95 US/£ 22.50 UK/€ 24.95 EUR



Borbély/Hřebík/Ganczner/Singer
ALL ABOUT PRESSING IN SOCCER
 History. Theory. Practice.

A guide on understanding the history, theory, and practice of pressing in soccer that will help coaches and players in creating a better and stronger team. They will improve their understanding of the game, making them more successful.

450 p., in color, 50 photos + illus., paperback, 8.27" x 11.69"
 ISBN: 9781782551478
 \$ 39.00 US/£ 27.95 UK/€ 39.00 EUR



Seeger/Favé
CREATIVE SOCCER TRAINING
 350 Smart and Practical Games and Drills to Form Intelligent Players—For Advanced Levels

This book includes games and drills that build on basic playing skills. Foregoing theoretical introductions, the authors focus on comprehensive exercises and skills that go beyond standard training.

392 p., in color, 153 photos, 353 illus., paperback, 8.27" x 11.69"
 ISBN: 9781782551201
 \$ 32.00 US/£ 26.00 UK/€ 30.00 EUR



Fabian Seeger
THE SOCCER GAMES AND DRILLS COMPENDIUM
 350 Smart and Practical Games to Form Intelligent Players—For All Levels

This compilation of realistic drills and games facilitates design and quick implementation of modern soccer training. Specific training exercises and graphics make it an optimal resource for coaches.

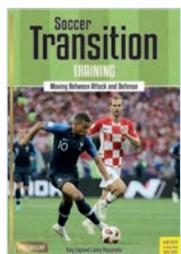
368 p., in color, 184 photos, 310 illus., paperback, 8.27" x 11.69"
 ISBN: 9781782551041
 \$ 32.00 US/£ 24.00 UK/€ 29.00 EUR



Englund/Pascarella
SOCCER GOALKEEPER TRAINING
 The Comprehensive Guide

The authors explain through detailed photos and coaching points the physical and technical skills required for novice goalkeepers to improve. This book also covers psychological aspects of the relationship between coach and player and features a training guide.

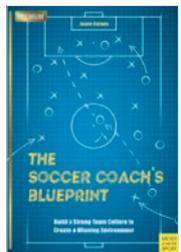
296 p., in color, 143 photos, 102 illus., paperback, 6 1/2" x 9 1/4"
 ISBN: 9781782551072
 \$ 29.95 US/£ 23.95 UK/€ 27.95 EUR



Englund/Pascarella
SOCCER TRANSITION TRAINING
 Moving Between Attack and Defense

Soccer Transition Training is the first complete study of critical transition moments. Written by two leading soccer educators, this book offers everything coaches at any level need to help their teams dominate in transition.

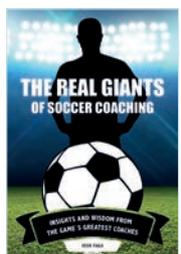
312 p., in color, 209 illus., Paperback, 6.5" x 9.5"
 ISBN: 9781782551515
 \$ 24.95 US/£ 22.50 UK/€ 24.95 EUR



Jason Carney
THE SOCCER COACH'S BLUEPRINT
 Build a Strong Team Culture to Create a Winning Environment

The basis of a strong and successful team is a strong foundation. This book helps soccer coaches to build a structured environment by presenting ready-made methods, which enable players to thrive.

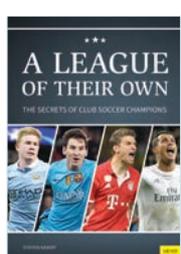
152 p., in color, 84 illus., paperback, 6 1/2" x 9 1/4"
 ISBN: 9781782551430
 \$ 19.95 US/£ 18.95 UK/€ 19.95 EUR



Josh Faga
THE REAL GIANTS OF SOCCER COACHING
 Insights and Wisdom From the Game's Greatest Coaches

A collection of the tactics and methods from some of the best soccer coaches around the world for all levels. It is the most extensive collection of practical and theoretical coaching education advice ever.

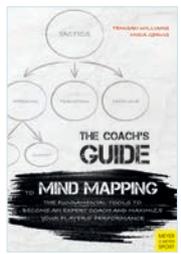
384 p., in color, 1 photo, 87 illus., 3 charts, paperback, 6 1/2" x 9 1/4"
 ISBN: 9781782551300
 \$ 24.95 US/£ 19.95 UK/€ 24.95 EUR



Steffen Siebert
A LEAGUE OF THEIR OWN
 The Secrets of Club Soccer Champions

This book provides readers with a closer look at the FIFA Club World Champions. It discusses different tactical philosophies and how these tactical approaches have been adjusted by some of soccer's greatest coaches, such as Guardiola, Mourinho, Enrique, and van Gaal.

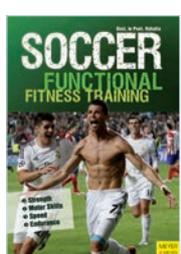
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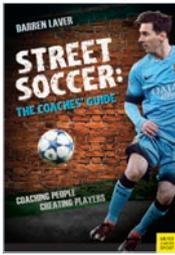
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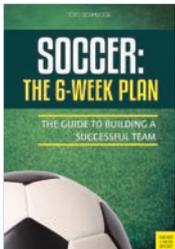
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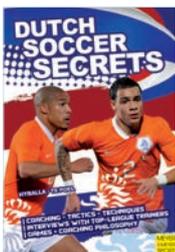
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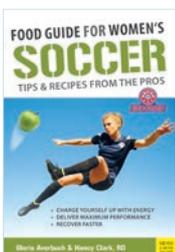
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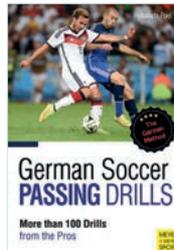
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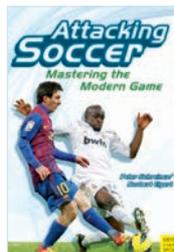
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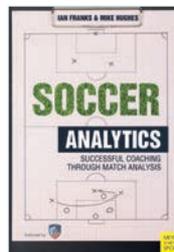
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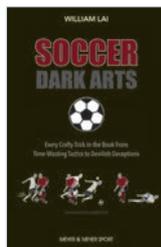


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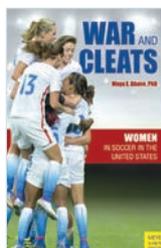
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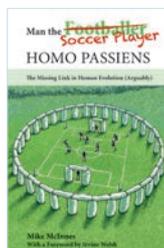
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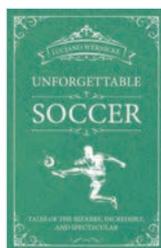
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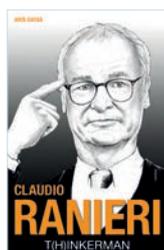
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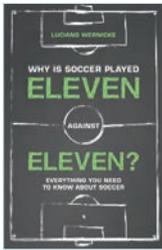
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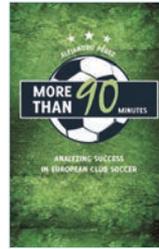
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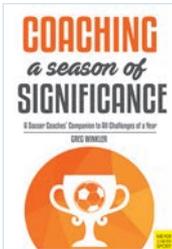
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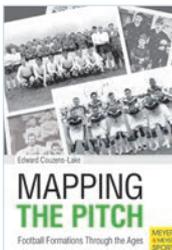
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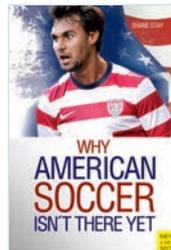
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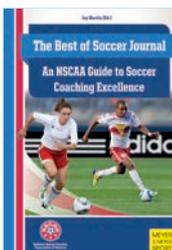
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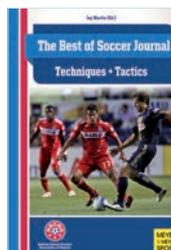
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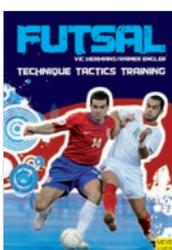
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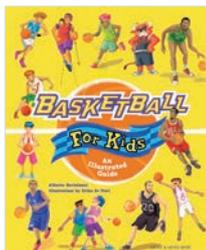
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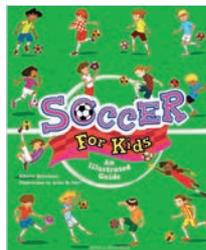
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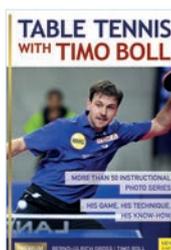


Lindsay & Seth Little
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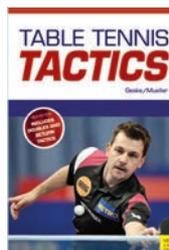
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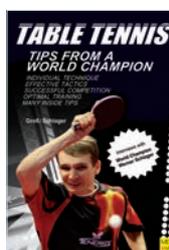
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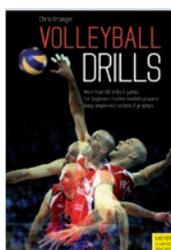
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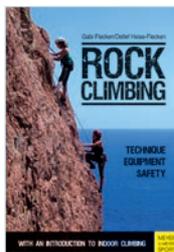
Papageorgiou & Czimek
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From Mini Volleyball to Volleyball:
Using Games to Develop Basic Skills

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VOLLEYBALL

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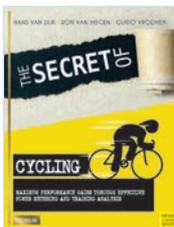
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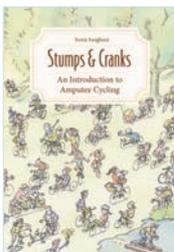
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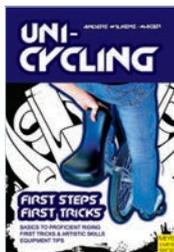


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STUMPS AND CRANKS
 An Introduction to Amputee Cycling

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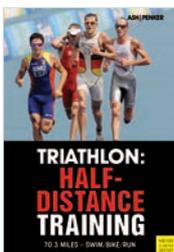
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You've finished your first short distance triathlon. It's time to up the ante and go farther and faster. Longer work-outs; adding speed work; recovery and the mental game are all essential when you decide to move up to the Ironman distance, and this book is the must-have on your journey.

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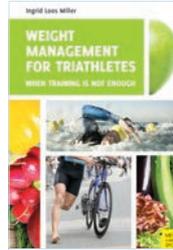
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Huddle/Frey
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Roch Frey and Paul Huddle, two of the most respected names in multisport coaching, cover all the bases to get you to the starting line and help you finish your first triathlon. The book contains information on everything from weight training to flexibility to nutrition.

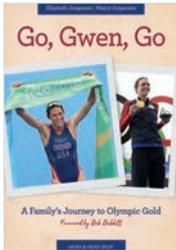
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Ingrid Loos Miller
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 When Training Is Not Enough

This book provides practical information that helps frustrated triathletes to improve their body composition for performance and aesthetics. Well researched, it offers easy-to-follow strategies.

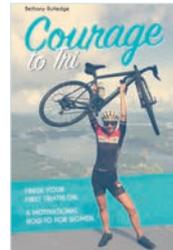
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Narrated in alternating voices by mother Nancy and sister Elizabeth, *Go, Gwen, Go: A Family's Journey to Olympic Gold* is an inspiring story about Olympian Gwen Jorgensen and her family.

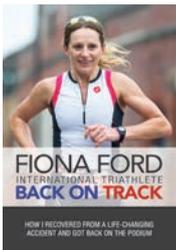
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Bethany Rutledge
COURAGE TO TRI
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 A Motivational How-To for Women

This book is an inspiration and how-to from women who crossed their first finish lines—learning lessons and even changing their lives along the way. It gives women all the tools to master their first triathlon.

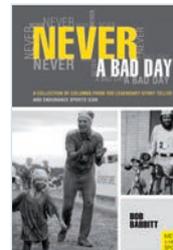
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Fiona Ford
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 How I Recovered From a Life-Changing Accident and Got Back on the Podium

This is the story of former pro triathlon athlete Fiona Ford's rehabilitation and recovery from a serious bike accident that ended her competitive career. Practical guidance with advice is also provided.

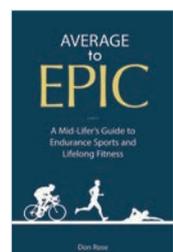
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Don Rose
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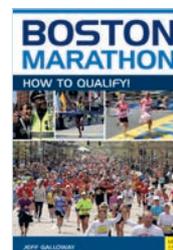
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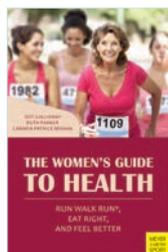
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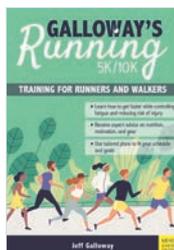
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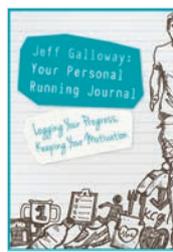
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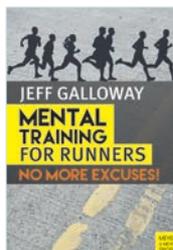
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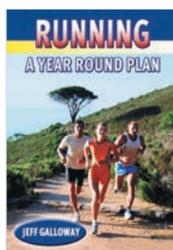
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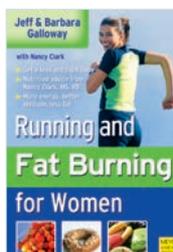
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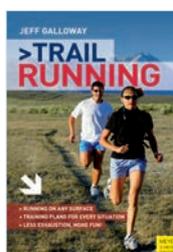
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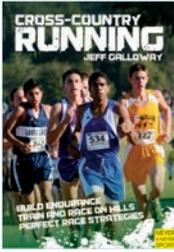
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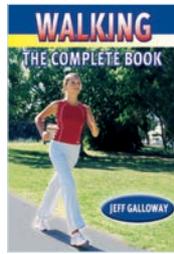
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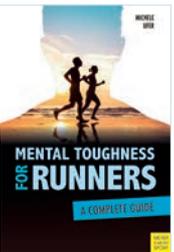
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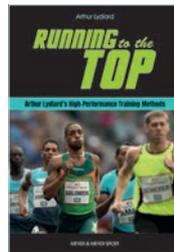
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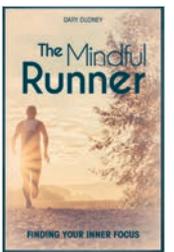


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NEW



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**Lydiard/Gilmour
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This book offers a fresh perspective on the mental side of running while entertaining with vivid tales of running adventures. Going well beyond the standard advice found in most running books, it guides runners to a wider understanding of how running fits into their own goals and life philosophy.

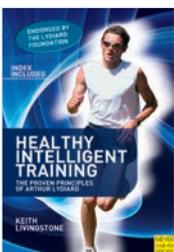
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**van Dijk/van Megen
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Maximum Performance Gains Through Effective Power Metering and Training Analysis**

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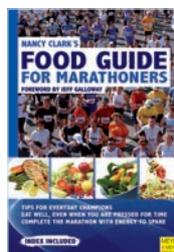
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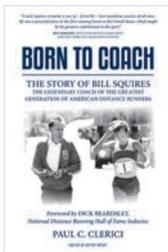
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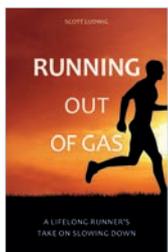
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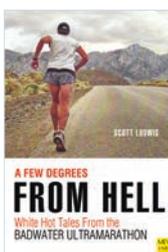
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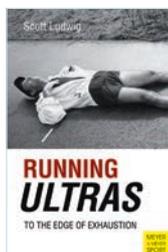
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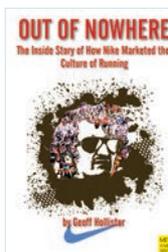
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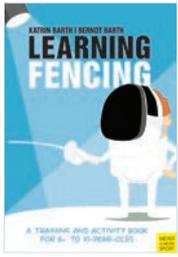
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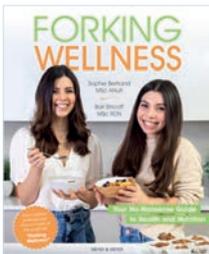
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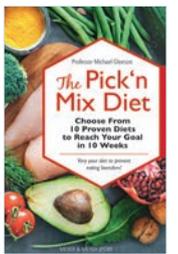
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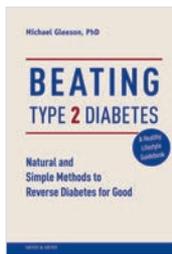
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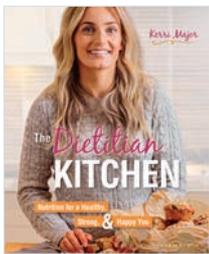
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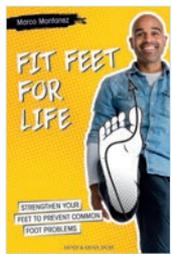
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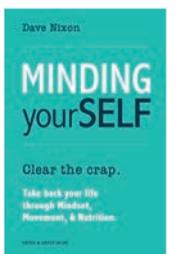
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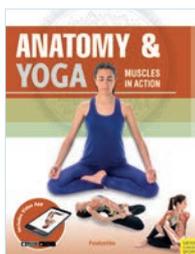
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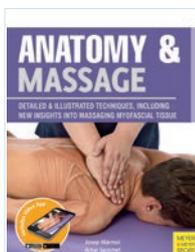
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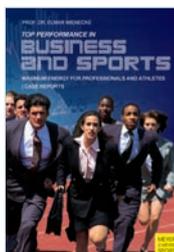
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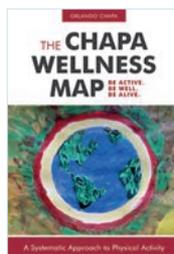
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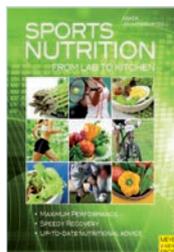
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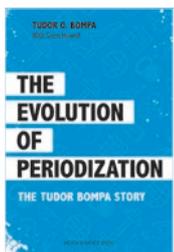
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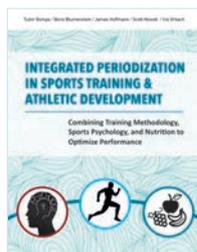
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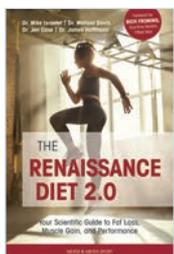
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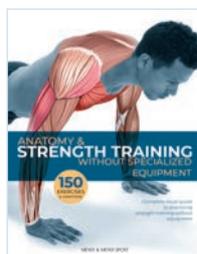
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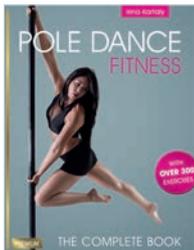
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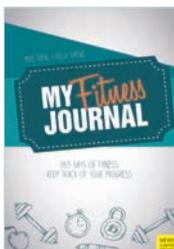
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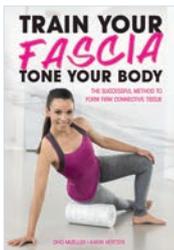
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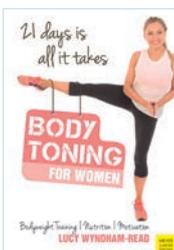
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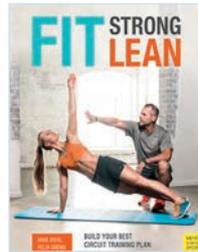
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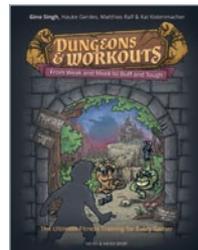
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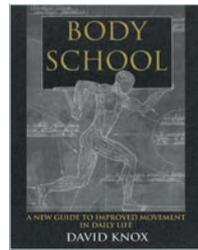
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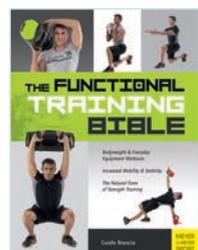
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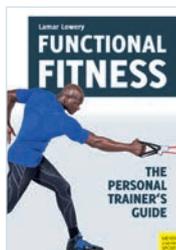


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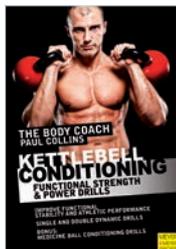
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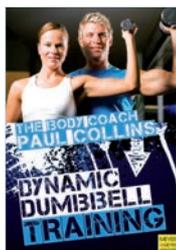
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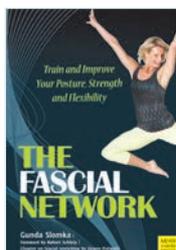
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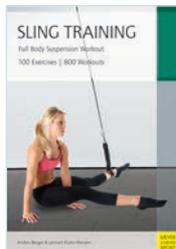
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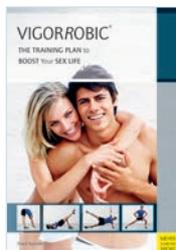
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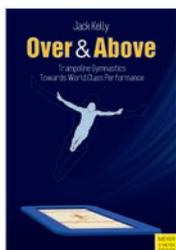
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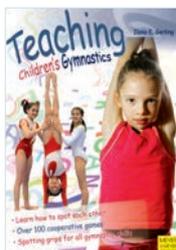
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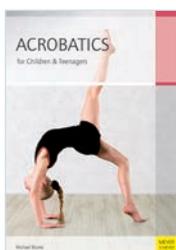
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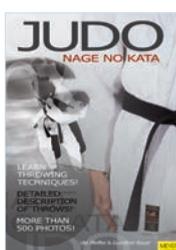


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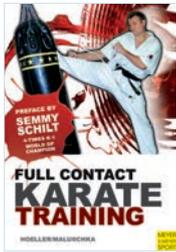
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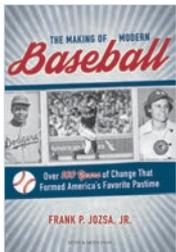
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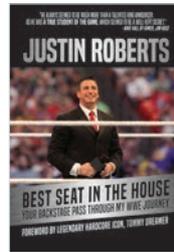
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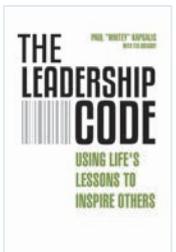
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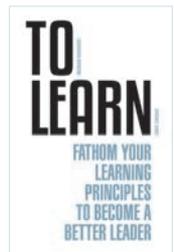
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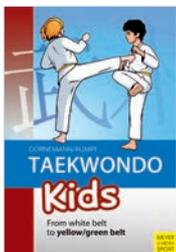
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TAEKWONDO

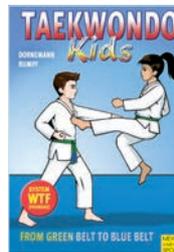
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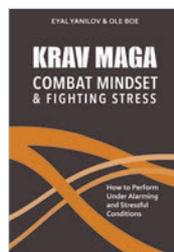
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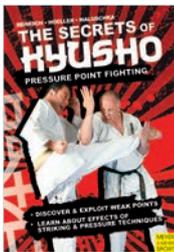
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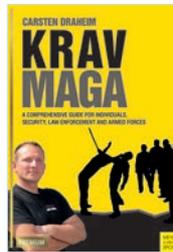
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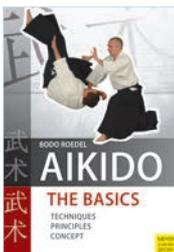
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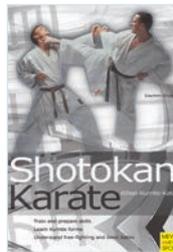
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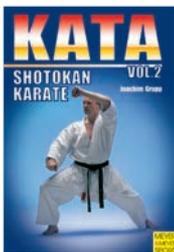
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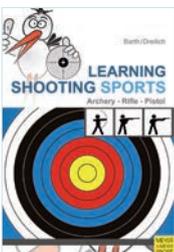
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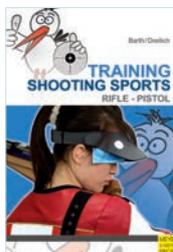
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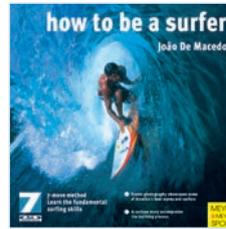
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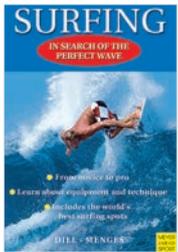


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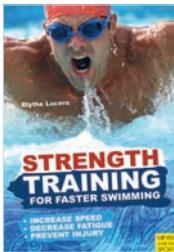


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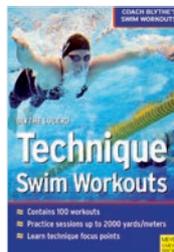
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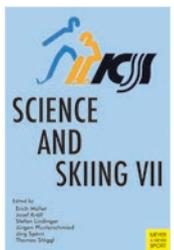


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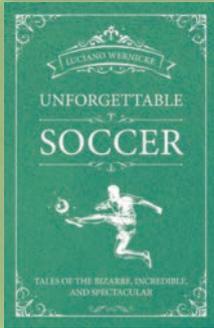
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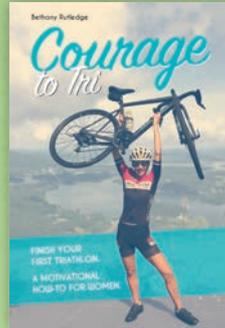
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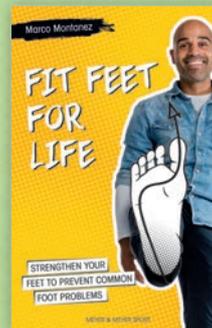


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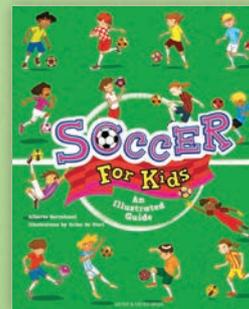
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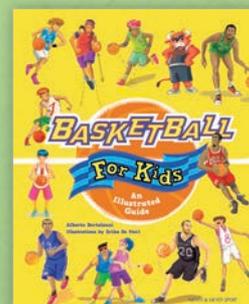


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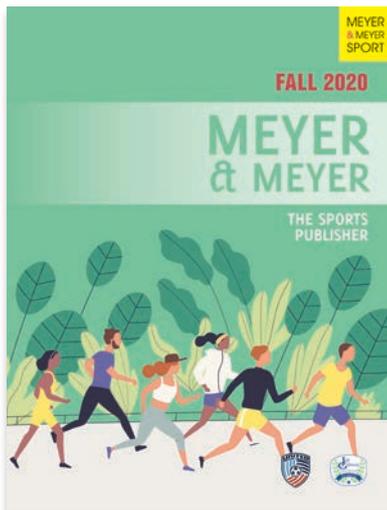


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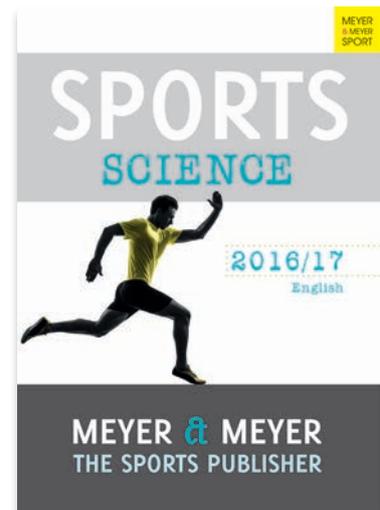
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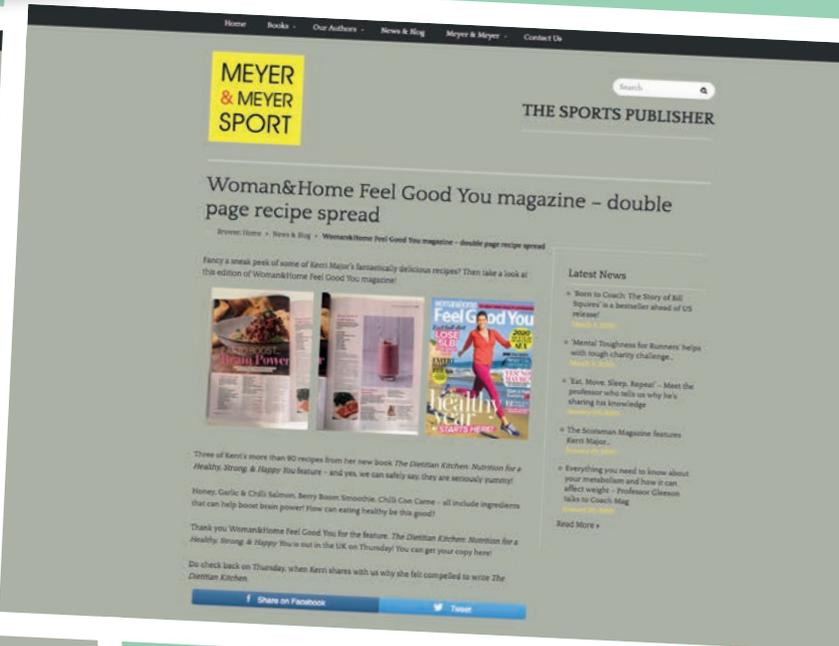


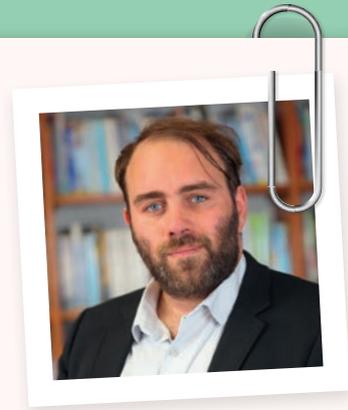
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AUTHORS & EDITORS

- A**
- Anders-Wilkens, Andreas..... 18
 Ash, Henry 18
 Averbuch, Gloria..... 14
 Avsar, Zuleyha..... 25
 Ayton, Tracey..... 29
- B**
- Babbitt, Bob 19
 Barnhart, Richard..... 27
 Barth, Berndt 23
 Barth, Katrin..... 23, 28, 29
 Bauer, Guenther 26
 Beck, Emil 23
 Berget, Anders 26
 Bertolazzi, Alberto..... 17
 Bertrand, Sophie 5, 23
 Bhave, Maya..... 15
 Blume, Michael 26
 Blumenstein, Boris 24
 Boe, Ole..... 29
 Boll, Timo 17
 Bompa, Tudor..... 11, 12, 24
 Borbely, Laco..... 13
 Brahms, Bernd-Volker 12
 Brueggemann, Detlev 15
 Bruscia, Guido 25
- C**
- Caruso, Andy..... 27
 Carney, Jason 13
 Case, Jen 24
 Chapa, Orlando 24
 Clark, Nancy..... 14, 20, 21
 Claro, Frederick 12
 Clerici, Paul C..... 22
 Coll, Mireia Patino..... 24
 Collins, Paul 26
 Copas, Graeme 12
 Couzens-Lake, Edward 16
 Czimek, Jimmy 17
- D**
- Davis, Melissa 24
 De Macedo, Joao 29
 Diehl, Mike 25
 Diel, Peter 29
- Dietze, Jurgen..... 29
 Dornemann, Volker 27
 Dost, Harry..... 13
 Draheim, Carsten 27, 28
 Dreilich, Beate..... 29
 Dreiskämper, Dennis 30
 Dudley, Gary 21
- E**
- Elgert, Norbert..... 14
 Engler, Rainer 15
 Englund, Tony..... 13
- F**
- Faga, Josh..... 13
 Fave, Loic 13
 Fincke, Andree 13
 Fischer, Sebastian 29
 Flecken, Gabi..... 18
 Ford, Fiona 19
 Franks, Ian 14
 Frey, Roch 18, 19
 Fritsch, Wolfgang..... 4, 29
- G**
- Galloway, Barbara 19, 20
 Galloway, Brennan..... 20
 Galloway, Jeff 9, 19, 20
 Ganczner, Peter 13
 Gatas, Aris..... 15
 Gerling, Ilona E..... 26, 28
 Gerdes, Hauke 25
 Gervis, Misia 13
 Geske, Klaus-M..... 17
 Gilmour, Garth..... 8, 21
 Gleeson, Mike 7, 23
 Gregory, Ted 16, 27
 Grewe, Felix..... 25
 Groß, Bernd-Ulrich 17
 Grupp, Joachim..... 28
- H**
- Hannaford, David 20
 Heise-Flecken, Detlef..... 18
 Hermans, Vic..... 16
 Hertzner, Karin..... 25
 Hoeller, Juergen..... 27, 28
 Hollister, Geoff 22
- Hoffmann, James..... 24
 Holden, Ben..... 29
 Howell, Scott 11, 24
 Hrěbik, Jaroslav 13
 Huddle, Paul..... 18, 19
 Hughes, Mike 14
 Hyballa, Peter..... 13, 14
- I**
- Israetel, Mike 24
- J**
- Jacomet, Artur 24
 Janka, Claus 23
 Jankowski, Timo 14
 Jeukendrup, Asker 24
 Jorgensen, Elizabeth..... 19
 Jorgensen, Nancy 19
 Josza, Frank P..... 27
- K**
- Kapsalis, Paul “Whitey” 16, 27
 Kartaly, Irina 25
 Kelly, Jack..... 26
 Kerber, Stephan..... 13
 Kibele, Armin..... 29
 Kistenmacher, Kai 25
 Kleanthous, Mark 18
 Knox, David 29
 Kogel, Helmut..... 27
 Kroeger, Chris..... 17
 Kroell, Josef 30
 Krohn-Hansen, Lennart 26
- L**
- Lai, William 15
 Laver, Darren..... 14
 Legaigoux, Bruno..... 29
 Limmer, Michael..... 25
 Lindinger, Stefan 30
 Little, Lindsay..... 17
 Little, Seth..... 17
 Livingstone, Keith..... 21
 Loos Miller, Ingrid 19
 Lowery, Chris 25
 Lowery, Lamar..... 25, 26
 Lucero, Blythe 29, 30
 Ludwig, Scott..... 22

Lutz, Christian 24
 Lydiard, Arthur 8, 21

M

MacPhail, Ann 25
 Mager, Robert 18
 Major, Kerri 23
 Maluschka, Axel 27, 28
 Marmol, Josep 24
 Martin, Jay 16
 McInnes, Mike 15
 Memmert, Daniel 12
 Menges, Eric 29
 Mittag, Martina 24
 Montanez, Marco 23
 Muller, Erich 30
 Mueller, Divo 25
 Mueller, Jens 17
 Murphy, TJ 18

N

Nixon, Dave 23
 Noël, Benjamin 12
 Nolte, Volker 4, 29

O

Olbrich, Wolfgang 22
 Orbach, Iris 24

P

Pach, Alexander 28
 Papageorgiou, Athanasios 17
 Parker, Ruth 20
 Pascarella, John 13
 Patrick Mohan, Carmen 20
 Penker, Marlies 18
 Perez, Alejandro 16
 Pfeiffer, Ute 26
 Pfusterschmied, Juergen 30

R

Rahn, Stefanie 24
 Ralf, Matthias 25
 Reinisch, Stefan 28
 Roberts, Justin 27
 Rodriguez, Enrique TOPO 12
 Roedel, Bodo 28
 Rose, Don 19

Rumpf, Wolfgang 27
 Rutledge, Bethany 19

S

Sanghani, Sonia 18
 Saxena, Ashu 14
 Scheuer, Claude 30
 Schlager, Werner 17
 Schmidt, Achim 18
 Schmidt, Stephan 14
 Schmutz, Toto 14
 Schreiner, Peter 14
 Schwanbeck, Klaus 22
 Seabourne, Tom 25
 Seeger, Fabian 13
 Seijas, Guillermo 24
 Siebert, Steffen 13
 Singer, Andi 13
 Singh, Gino 25
 Slomka, Gunda 26
 Sommer, Frank 26
 Spoerri, Joerg 33
 Stay, Shane 15, 16
 Stegmann, Tim 29
 Steinman, Joel 30
 Stoeggli, Thomas 33
 Stricoff, Bari 5, 23

T

Tannehill, Deborah 25
 te Poel, Hans-Dieter 13, 14

U

Ufer, Michele 21

V

van Dijk, Hans 18, 21
 van Megen, Ron 18, 21
 Vroemen, Guido 18

W

Waraghai, Bari 6, 23
 Waterhouse, Ann 12
 Wernicke, Luciano 15, 16
 Wienecke, Elmar 24
 Williams, Temisan 13
 Winkler, Greg 10, 12
 Witfeld, Alexander 28

Wright, David 29
 Wyndham-Read, Lucy 22, 25

Y

Yanilov, Eyal 27

Z

Zimmermann, Holly 22

INDEX

- A**
 Acrobatics..... 26
 Adventure Sports 17, 18, 22
 Aikido..... 27, 28
 Amputee Cycling 18
- B**
 Badminton..... 12
 Body Toning 25
 Bodyweight Training..... 25, 26
- C**
 Children’s Soccer..... 17
 Climbing..... 18
 Coaching... 10, 12, 13, 14, 16, 17, 21, 22
 Commemorative Publications..... 30
 Cricket..... 12
 Cycling..... 18
- D**
 Diet 5, 7, 23, 24, 25
 Dumbbell..... 26
- E**
 Endurance 19-22
 Extreme Endurance 22, 26
- F**
 Fascia 24, 25, 26, 27, 29
 Fat Burning..... 20, 23, 25
 Fencing..... 23
 Fitness..... 5-7, 11, 13, 23-26
 Football (see Soccer)
 For Kids 17
 Functional Training..... 13, 17, 25, 29
 Futsal 16
- G**
 Gaming & Fitness..... 25
 Gymnastics..... 26
- H**
 Half-Distance Triathlon 18
 Half-Marathon 19, 21
 Health..... 5-7, 23
- J**
 Jeff Galloway 9, 19-21
 Judo..... 26
- K**
 Karate..... 27
 Kettlebell..... 26
 Kids Swimming..... 29
 Kyusho 28
- M**
 Made Simple 12
 Marathon..... 9, 19, 22
 Martial Arts..... 27, 28
 Massage..... 24
 Mental Training 20-22
 Mountain Biking..... 18
- N**
 Narrative 11, 15, 16, 19, 22, 27
 Nike..... 22
 Nordic Pole Walking 22
 Nutrition..... 5, 7, 14, 19, 22, 23, 24, 25
- P**
 Parkour & Freerunning..... 28
 Periodization 11, 12, 14, 24
 Pole Dance 25
 Pilates 24
- R**
 Rock Climbing 18
 Rowing 4, 29
 Rugby..... 12
 Running..... 8-9, 18-22
- S**
 Scrummaging 12
 Self-Defense 27-28
 Sexuality..... 26
 Shooting Sports..... 28
 Shotokan Karate..... 28
 Skiing 30
 Sling Training..... 26
 Soccer..... 10, 12-17
- Soccer Journal 16
 Soccer Narrative 16
 Street Soccer 14
 Strength Training..... 24-26
 Surfing..... 29
 Swimming..... 29-30
 Swimming Drills..... 29-30
- T**
 Table Tennis 17
 Taekwondo 27
 Trail Running..... 20
 Trampoline Gymnastics 26
 Triathlon 18-19
- U**
 Ultrarunning 22
 Unicycling..... 27
 United Soccer Coaches 16
 United Soccer Coaches Endorsed .. 14-15
- V**
 Volleyball..... 17
- W**
 Walking 21, 22
 Water Sports..... 24
 Wellness..... 5, 23
 Winter Sports 30
 Women’s Soccer 14
- Y**
 Yoga 24

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