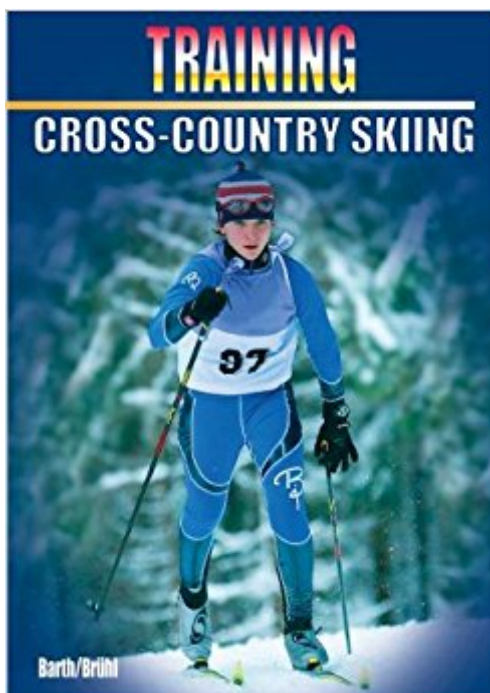


The book was found

# Training Cross-Country Skiing (Training (Meyer & Meyer))



## Synopsis

This is the ultimate training guide for those who wish to start cross-country skiing. "Training - Cross-Country Skiing" contains detailed, yet easy-to-understand, step-by-step descriptions of all the important techniques, as well as advice on avoiding common mistakes. This definitive volume also focuses on the importance of goals and self-motivation, strength development, good health and nutrition. Included throughout are practical hints and tips on training, competition, maintaining physical fitness, and exercises that can be done at home.

## Book Information

Series: Training (Meyer & Meyer)

Paperback: 151 pages

Publisher: Meyer & Meyer Sport; 1 edition (September 1, 2006)

Language: English

ISBN-10: 1841261963

ISBN-13: 978-1841261966

Product Dimensions: 9.5 x 6.6 x 0.4 inches

Shipping Weight: 0.8 ounces

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #4,278,019 in Books (See Top 100 in Books) #23 in [Books > Teens > Sports & Outdoors > Winter Sports](#) #145 in [Books > Sports & Outdoors > Outdoor Recreation > Skiing > Cross-Country](#) #3962 in [Books > Sports & Outdoors > Winter Sports](#)

## Customer Reviews

Katrin Barth is author of numerous sports training books. Hubert Bruhl spent 14 years as a ski trainer at the University Jena, Germany. He has been director of recreational sports on the German Ski Association for 15 years.

This is the only book I've found for children to begin learning about training. It seems to be focused on middle school, with the sample journal being for a 13 year old. I think aspiring high school athletes and even beginner adults would enjoy the book as well. It covers all the relevant topics for seriously taking up the sport of cross country skiing. The illustrations are helpful, there are photos of actual children skiing correctly, and humorous sidebars keep it light and fun. The entire book rates A+ except the section on technique. The double pole described is "old school" with the 90 degree bend in the torso, and the skating portion likewise advises edging more than is currently taught. I

simply crossed out a few phrases and taped in some photos I cut out of recent magazines by way of bringing it up to date, and plan to pass the book on to the middle school up-and-comers that I coach. Overall, highly recommended.

[Download to continue reading...](#)

Training Cross-Country Skiing (Training (Meyer & Meyer)) Cross Stitch: Learn Cross Stitch FAST! - Learn the Basics of Cross Stitch In No Time (Cross Stitch, Cross Stitch Course, Cross Stitch Development, Cross Stitch Books, Cross Stitch for Beginners) Cross Stitch: Learn How to Cross Stitch Simple and Easy Pictures, Patterns, and Shapes - CROSS STITCH (Cross-Stitch, Needlework, Needlepoint, Embroidary, ... Hobbies and Home, Cross-Stitching, Crochet) Jazz Dance Training (Meyer & Meyer Sport) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Cross Training: Top 100 Cross Training WODâ™s with Pictures! Shawangunks Trail Companion: A Complete Guide to Hiking, Mountain Biking, Cross-Country Skiing, and More Only 90 Miles from New York City Basic Illustrated Cross-Country Skiing (Basic Illustrated Series) Fitness Cross-Country Skiing (Fitness Spectrum) Cross-Country Skiing: Building Skills Cross-Country Downhill and Other Nordic Mountain Skiing Techniques Trail Atlas of Michigan: Mountain Biking, Hiking, Cross-Country Skiing, and Nature Trails Cross-Country Skiing: Building Skills for Fun and Fitness (Mountaineers Outdoor Expert) Stride and Glide: A manual of cross-country skiing and Nordic walking Exploring the Yellowstone Backcountry: A Guide to the Hiking Trails of Yellowstone With Additional Sections on Canoeing, Bicycling, and Cross-Country Skiing (Third Edition) Nordic Notes: Articles on cross-country skiing Cross-Country Skiing in the Sierra Nevada: The Best Resorts & Touring Centers in California & Nevada

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)