

Recovery - the magic ingredient of any training program

Contrary to popular belief, training per se does not make you stronger, faster or fitter. Those benefits only come afterwards, during recovery, when adaptation takes place. No matter how hard you train, without adequate recovery you not only squander your hard training effort – you also struggle to recuperate for your next session.

And the harder and more frequently you train, the more vital recovery becomes.

As *Recovery – the magic ingredient of any training program* makes clear, recovery is much, much more than simply putting your feet up after a hard training session. Correct post-exercise nutrition, together with appropriate training program design and monitoring, are absolutely critical if you want to perform consistently well. Other factors are also important such as maximising sleep quantity and quality.

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Boosting Energy for Enhanced

A BRAND NEW workbook that gives you the essential competitive edge over all those other athletes who:

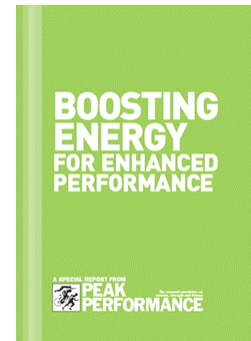
- Don't properly understand the correct role of sleep in enhancing recovery – so are never at their best...
- Don't know the best times of the day for high-intensity training – so don't get top results...
- Incorrectly calculate their necessary food intake – and thereby undermine their sports performance...

... and that's only three of the energy-boosting 'secrets' contained in this BRAND NEW report

If you're not implementing EVERY SINGLE ONE of the strategies, techniques and procedures in this report then you're almost certainly wasting hundreds of dollars a year on supplements or sports drinks.

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Training for Core Stability brings together, in one practical 86-page report, the conclusions of recent evidence-based research into the building of core stability for sports-people – how best to build core body strength and stamina, then how to maintain and use it to best effect.

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How to bring out the best in children and young adults and help them to achieve their athletic potential.

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