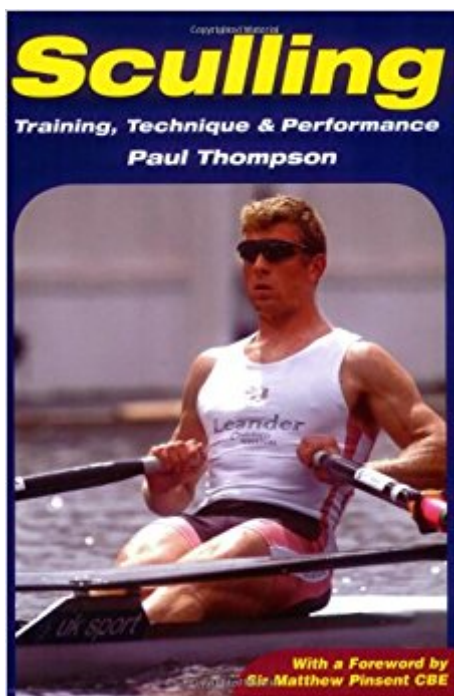




The book was found

Sculling: Training, Technique & Performance



Synopsis

Whether you are about to go out in a sculling boat for the first time, simply enjoy recreational sculling, or have aspirations to be a member of the national team, this book contains information that will help you to improve your performance and maximize your potential. It considers the principles that underlie training, technique, and the correct adjustment of the boat's rigging and gearing, and offers practical advice on how those principles can be applied.

Book Information

Paperback: 144 pages

Publisher: Crowood Press (December 1, 2005)

Language: English

ISBN-10: 1861267584

ISBN-13: 978-1861267580

Product Dimensions: 6.3 x 0.4 x 9.1 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,251,635 in Books (See Top 100 in Books) #330 in Books > Sports & Outdoors > Outdoor Recreation > Kayaking #1105 in Books > Sports & Outdoors > Outdoor Recreation > Boating #3336 in Books > Sports & Outdoors > Water Sports

Customer Reviews

This book covers widely topics from technique to physiology without going too much into detail. All the basic stuff good to know. Also some good tips for a more "advanced" reader. Information is still valid today (year 2017). I however was looking for some more advanced programming tips, which are not found here. I hope in his new book "Training for the complete rower" will find them.

This book is usefull and up to date. Also it is written by a coach with a proven track record with both sweep and sculling boats. I hope he writes another book in ten years time, however this one will always have it's place.

the book is worth of fundamental sculling information for people how really want to start rowing sculling knowledge.

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

Sculling: Training, Technique & Performance 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,) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Rowing and Sculling: The Complete Guide 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) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog - Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Dog Crate Training: 8 Tips to Help Your Best Friend Adjust (Dog Training, dog crate training problems, dog separation anxiety, dog potty training Book 1) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience(Puppy Training, Pet training book) (Dog Taining, ... training books,How to train a dog, Book 2) The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, Guide to Weight Training for Sports, 25) Puppy Training: The full guide to house breaking your puppy with crate training, potty training, puppy games & beyond (puppy house breaking, puppy housetraining, ... dog tricks, obedience training, puppie) Puppy Training: Best

Tested and Fast Techniques to Train Your Puppy in Obedience, Potty Training, and Crate Training!

What I'd Teach Your Horse: Training & Re-Training the Basics: Horse Training How-To, Volume 8

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)