

[Ebook free] File size: 46.Mb

# How to Increase Your Stand Up Paddling Performance (English Edition)



*Par Suzie Cooney*  
*ebooks / Download PDF / \*ePub / DOC / audiobook*

Dtails sur le produit Rang parmi les ventes : #352993 dans eBooksPubli le: 2015-09-04Sorti le: 2015-09-04Format: Ebook Kindle

[Ebook free] How to Increase Your Stand Up Paddling Performance (English Edition)

**Par Suzie Cooney : How to Increase Your Stand Up Paddling Performance (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Increase Your Stand Up Paddling Performance (English Edition):

Download

Read Online

## Description :

Prsentation de l'diteurTouted as "the SUP bible" 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 youll discover how to: dominate with more paddle powerbecome faster off the start build more body and water confidenceincrease 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 LogThere 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 ones 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. Presentation de l'auteur Touted as "the SUP bible" 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 ones 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 waters edge and watch your SUP performance soar.

**Biographie de l'auteur** Suzie Cooney Personal Trainer Professional Ocean SUP Athlete Spokesperson Sup Coach SUP Event Director Lifestyle Sports Model Suzie Cooney is known as one of the early female pioneers in stand up paddling. She is a global figure and fitness authority for the sport of stand up paddling since its early development in 2008 and has been writing articles for books, magazines and continues to share on her personal blog. With various notable accomplishments in her career the most notable on how she became so passionate about SUP is when after she had an unusual accident in April of 2009, during which she broke her left leg and ankle and right ankle, leaving her in a wheelchair for over two months and on crutches for two more; she discovered stand up paddling was the best form of personal rehab. Her mission became to tell world to not to give up and STAND UP. She created the world's first largest SUP event STAND UP For Womens Health Fitness, in January 2010, along with the Four Seasons; which attracted over 430 women from around the world. From there she became ATHLETAs first SUP ambassador, is OluKais Premium Footwear Annual Spokesperson for the Downwind Race Hoolalaulea, Nominee for SUP Female Paddler of the year since 2012, and is also known for her passion of coaching and preparing new paddlers for downwinders on Maliko. With a background in orthopedics sports medicine and surgery of 7 years, as a trainer for 13 years, she is able to fine-tune her clients on and off the water. She feels her clients body mechanics and power is as equally important as is the board under their feet. SUP notes: Maui to Molokai 2015, solo 27 miles OluKai Downwind Race 2015, 1st Place Divisional Molokai 2 Oahu SUP Channel Crossing 2014, 32 miles 5th in Relay Division Maui Paddleboard Championships 2013 2nd, 14ft Age Division OluKai Hoolalaulea 2011 1st place 14ft Age Division May 2011: First Place in Age Division OluKai Hoolalaulea Maliko SUP Race: July 2011: Naish International Championships Maliko SUP Race: 6th place in age division. Created Worlds First Largest International SUP Event in January 2010 with Four Seasons Maui: See News Coverage Video OluKai Hoolalaulea 2010 , 3rd place 14ft Age Division ATHLETA First Featured SUP Athlete 2010 Downwind paddling is definitely her passion and focus on Maui while she also loves to paddle surf. To learn more about Suzie Cooney you can visit her website at [SuzieTrainsMaui.com](http://SuzieTrainsMaui.com)