



Core Performance Endurance: A New Fitness and Nutrition Program That Revolutionizes the Way You Train for Endurance Sports

Mark Verstegen, Pete Williams

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The third book in the breakout Core Performance series offers cutting-edge training for the endurance athlete

Mark Verstegen launched the core training revolution with *Core Performance*, which broke new ground in fitness with its intense focus on the muscles of the core—shoulders, hips, and midsection. Now Verstegen provides an exciting new application of his powerful Core program, addressing the special needs of the endurance athlete.

Core Performance Endurance:

- helps endurance athletes at all levels—whether they're competitive swimmers, hard-driven triathletes, or everyday joggers—avoid the injuries that too often sabotage their performance
- delivers the desired combination of strength and stamina, balance and flexibility, athletic quickness and power that the endurance athlete strives for
- provides an endurance-oriented nutrition program—complete with recommendations for pre- and post-race eating

This book not only helps endurance athletes train more effectively, but also gives them a potent regimen of core training that will help them move more efficiently, thereby staving off overuse injuries and long-term deterioration.

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