



How to Increase Your Stand Up Paddling Performance

Suzie Cooney

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How to Increase Your Stand Up Paddling Performance Suzie Cooney

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 one's 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.

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Amanda Moberly:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their friends. Usually they accomplishing activity like watching television, about to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could be reading a book might be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the e-book untitled How to Increase Your Stand Up Paddling Performance can be fine book to read. May be it might be best activity to you.

David Hernandez:

People live in this new day of lifestyle always try and and must have the time or they will get great deal of stress from both daily life and work. So , if we ask do people have free time, we will say absolutely sure. People is human not really a huge robot. Then we inquire again, what kind of activity do you have when the spare time coming to a person of course your answer will probably unlimited right. Then ever try this one, reading books. It can be your alternative with spending your spare time, the book you have read is actually How to Increase Your Stand Up Paddling Performance.

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