



# Training Cross-Country Skiing (Training (Meyer & Meyer))

*Katrin Barth, Hubert Bruhl*

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This is the ultimate training guide for those who wish to start cross-country skiing. "Training - Cross-Country Skiing" contains detailed, yet easy-to-understand, step-by-step descriptions of all the important techniques, as well as advice on avoiding common mistakes. This definitive volume also focuses on the importance of goals and self-motivation, strength development, good health and nutrition. Included throughout are practical hints and tips on training, competition, maintaining physical fitness, and exercises that can be done at home.

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