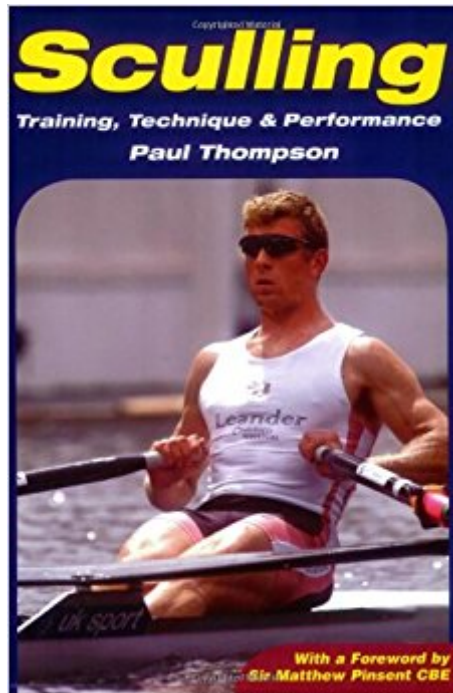




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# Sculling: Training, Technique & Performance



## 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

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

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## 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.

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