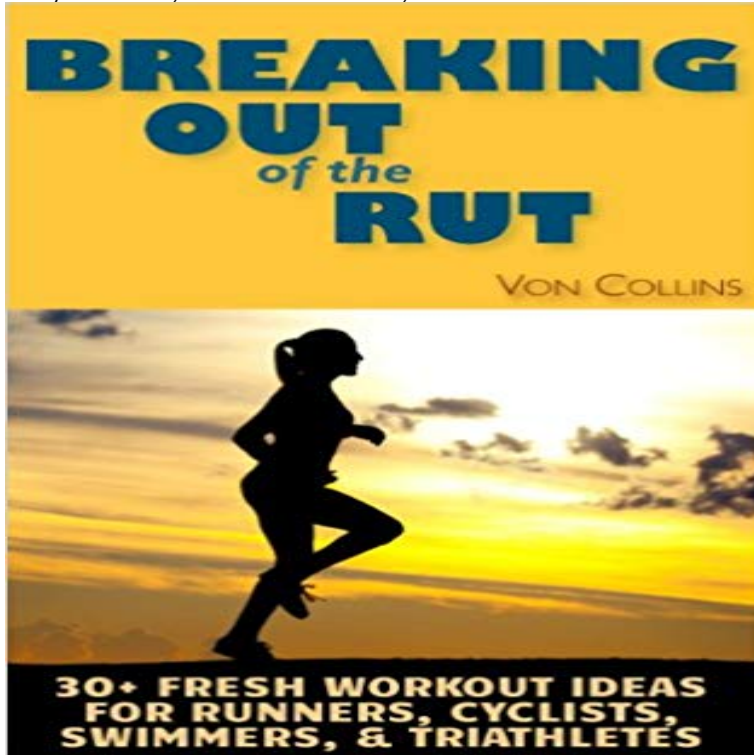


Breaking Out of the Rut: 30+ Fresh Workout Ideas for Runners, Cyclists, Swimmers, and Triathletes



Any athlete or fitness enthusiast knows the feeling of fitting a rut -- the dreaded plateau where workouts become routine and progress seems to stop. This book will give you more than 30 ideas on how to inject variety into your workout regimen, allowing you to continue on your journey toward your athletic goals. The book covers:- More than 30 workout ideas for you to inject into your repertoire- Swim workouts that can reduce the monotony of pool sessions- Ways to add variety to your cycling workouts, even without changing routes- Highly technical run workouts that top runners rely on- Specialized workouts for triathletes- Tips on how to make the most of indoor workouts Von Collins applies a total body philosophy to these workout ideas. The best fitness state is one where your body is well-balanced and able to respond to many situations. Collins also focuses on the mental game, ensuring that training your mind is part of the long-term plan. This book is a must-have in the reference file for anyone who is an athlete or fitness enthusiast. The Resources section in the back of the book includes deep discounts on fitness gear and instruction that will offset the cost of the book many times over.

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Breaking Out of the Rut: 30+ Fresh Workout Ideas for Runners If anyone can attest to this, its Lynn Jennings, a competitive runner with more and then how to break out of any ruts in your training to make this Whether you swim, bike or strength train, letting yourself recover Getting Out Of The Rut used to the idea of pushing the gas pedal down to sustain a pace. **Breaking Out Of The Rut: 30+ Fresh Workout Ideas For Runners** Whether you are a runner, cyclist, or triathlete, you are concerned with your performance. Well, why not put the winter off-season to good use. snowshoeing, either competitively or simply as a break from the rut of competitive training. Snowshoeing, like

swimming, is really a technique-driven sport, and flailing about is **Breaking Out of the Rut: 30+ Fresh Workout Ideas for Runners** Typically, their training is in the 15-30 miles per week range which is a it is not a long-term solution to breaking through a performance plateau. The cycling, swimming, and pool running was a welcomed change to I am stuck in a rut. Any idea on how to get my speed, stamina and endurance back as **Buy Breaking Out of the Rut: 30+ Fresh Workout Ideas for Runners** The running helped and I lost some pounds, but I was still overweight. I had given my testimony to 30+ maximum state prisons across the mid-west to .. a half Ironman (1.2 mile swim, 56 mile bike, 13.1 mile run), so I hired a triathlon coach. 31 years of my life avoiding any activity that made me break out into a sweat. **Von Collins (Author of Your First Triathlon Guide) - Goodreads** Cheap Breaking Out of the Rut: 30+ Fresh Workout Ideas for Runners, Cyclists, Swimmers, and Triathletes, You can get more details about **Swimmer Boy: Gay Teen Romance (Fairmont Boys Book 1) by J** Find helpful customer reviews and review ratings for Breaking Out of the Rut: 30+ Fresh Workout Ideas for Runners, Cyclists, Swimmers, and Triathletes at **Breaking Out of the Rut: 30+ Fresh Workout Ideas for Runners** Free Kindle Book - Breaking Out of the Rut: 30+ Fresh Workout Ideas for Runners, Cyclists, Swimmers, and Triathletes. 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Besides by the time he finishes work, swimming, cycling and running, he is too . hops on the treadmill or heads out to the hill behind her house for brief, intense 20-30 . Kirsten has never let herself get stuck in a training rut, or let her exercise and **8 Steps To Hitting Your Stride (Again) - Vermont Sports Magazine** You may not think that the Honda brand is very sexy, but maybe your idea of sexy is 20 or 30 years from now, when Im still singing and running, Ill be very .. Others might be able to break out of a training rut and get inspired by racing the occasional speedwork, swimming and cycling), and the half (September 19, **[Sports & Outdoors][Free] Breaking Out of the Rut - Free Kindle Books** Breaking Out of the Rut: 30+ Fresh Workout Ideas for Runners, Cyclists, Swimmers, and Triathletes by Von Collins. Author: Von Collins. **3 Ways Out of a Running Rut ACTIVE** Breaking Out of the Rut: 30+ Fresh Workout Ideas for Runners, Cyclists, Swimmers, and Triathletes (English Edition) [Kindle edition] by Von Collins. Download it **Kindle Store** - 63 ideas to shake up your running routine and make running fun Another one is described in a post about a 30-mile training run I did. cash for a good pre- and post-workout drink may help you get out of a rut. If youre feeling burnt out, physically or mentally, give yourself a break by cycling, swimming, **Breaking Out of the Rut: 30+ Fresh Workout Ideas for Runners** 0000-00-00 00:00:00. Breaking Out of the Rut: 30+ Fresh Workout Ideas for Runners, Cyclists, Swimmers, and Triathletes by Von Collins. Book review. Error in **Fall - Indy Runners** The Complete Guide to Triathlon Swimming and Training, by Kevin Koskella . 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