

BlogTalkRadio 4/13/2010: Endurance And Power - A New Paradigm

Contributed by Administrator
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Join me on BlogTalkRadio on Tuesday April 13, 2010 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". There has been a great deal of sports science research devoted to training strategies for endurance athletes and for power athletes. Traditional views would indicate a divergence in these approaches. But the sports sciences would indicate that perhaps these two diverse entities - endurance and power - are perhaps not as different as we once thought. This episode, entitled "Endurance And Power - A New Paradigm", will discuss a new approach to training both of these concurrently.

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