



Sculling: Training, Technique & Performance

By Paul Thompson

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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.

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Sculling: Training, Technique & Performance By Paul Thompson Bibliography

- Sales Rank: #1330849 in Books
- Brand: Thompson, Paul/ Pinsent, Matthew (FRW)
- Published on: 2005-12-01
- Original language: English
- Number of items: 1
- Dimensions: 9.10" h x .39" w x 6.30" l, .73 pounds
- Binding: Paperback
- 144 pages

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