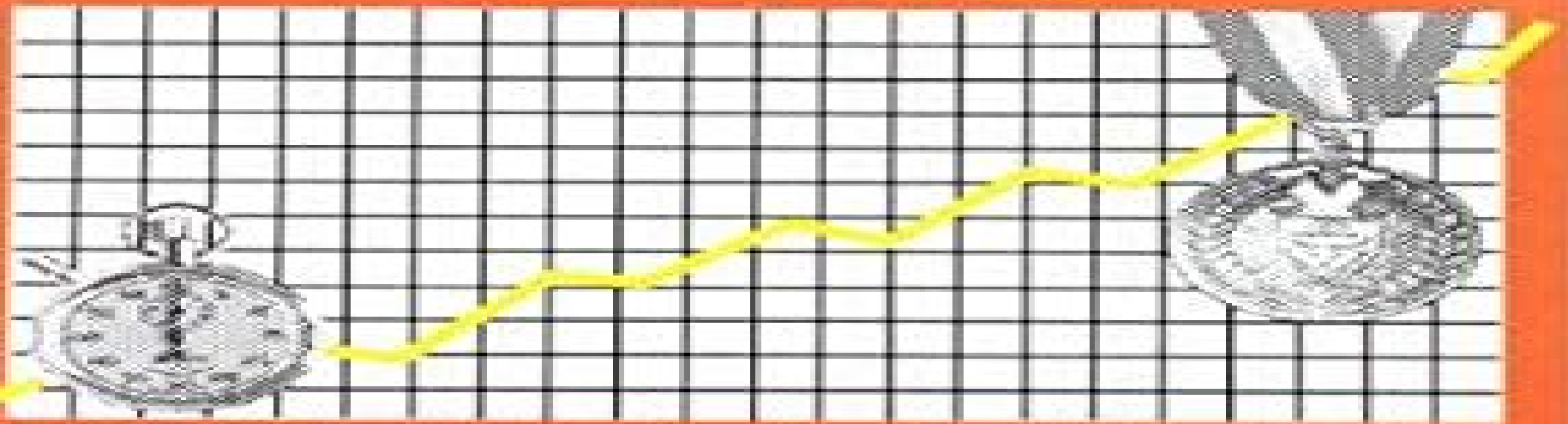


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TRAINING



HOW TO PLAN AND CONTROL
TRAINING
FOR

PEAK PERFORMANCE

THOMAS KURZ

"Training is efficient if the highest sports result is achieved with the least expense of time and energy."

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