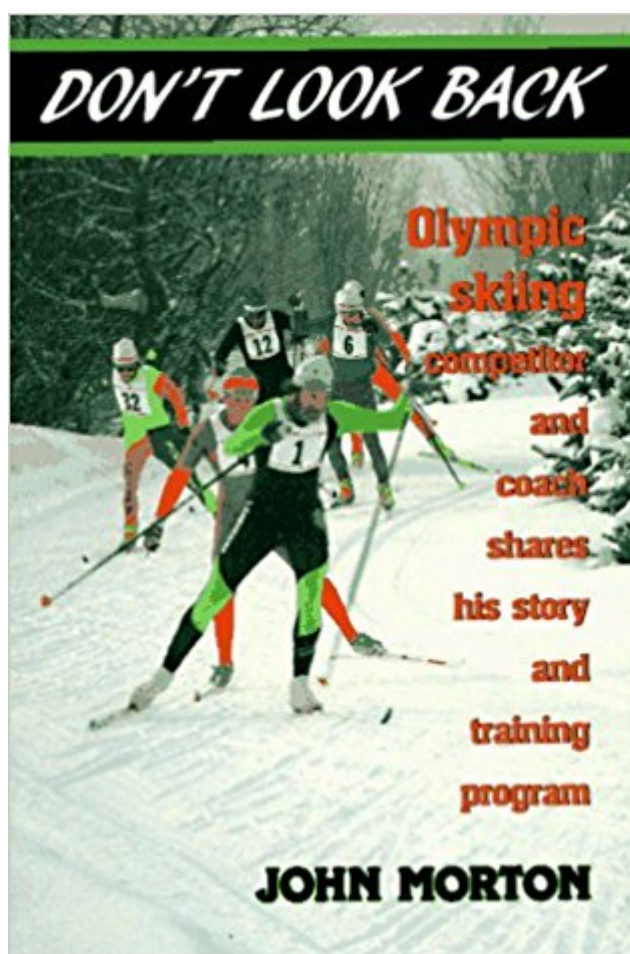


The book was found

# Don't Look Back: Olympic Skiing Competitor And Coach Shares His Story And Training Program (Stackpole Classics)



## Synopsis

Cross-country skiing is not an exact science,â author John Morton writes in his preface. â Even though the sport has been influenced by recent technological changes, there are still countless variables that make consistent top performance all but impossible. This observation is borne out at the World Cup or Olympic level of international competition, where year after year different individuals from various nations emerge as champions.â As a former Olympian and Olympic coach, Morton draws on his firsthand experience to outline what makes a great skier. The combination of Conditioning, Technique, Psychology, Health and Nutrition, and Equipment and Waxing can make or break an athlete at any level.

## Book Information

Series: Stackpole Classics

Paperback: 272 pages

Publisher: Stackpole Books; 1st edition (December 1, 2017)

Language: English

ISBN-10: 0811724344

ISBN-13: 978-0811724340

Product Dimensions: 0.8 x 6 x 9 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,504,885 in Books (See Top 100 in Books) #85 inÂ Books > Sports & Outdoors > Outdoor Recreation > Skiing > Cross-Country #2291 inÂ Books > Sports & Outdoors > Winter Sports

## Customer Reviews

Author John Mortonâs skiing credentials continue to grow with the position of team leader for the U.S. Olympic Biathlon Team at the 1992 Winter Olympic Games in Albertville, a position he also held in 1988 at Calgary. During his 20-year coaching career, he has worked with everyone from beginners to Olympians. After 11 years as head coach of menâs skiing at Dartmouth College, he returned to racing and is currently one of the top-ranked Masters competitors in the nation.

John Morton is a great coach and story teller, and this book delivers on so many levels. Morty gives advice about physical preparation, equipment and mental preparation, all laced together with great stories and anecdotes. I still bring this book out to read the stories when I need a little motivation.

[Download to continue reading...](#)

Don't Look Back: Olympic Skiing Competitor and Coach Shares His Story and Training Program (Stackpole Classics) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Olympic Sports - When and How? : History of Olympic Sports Then, Now And Beyond: Olympic Books for Kids (Children's Olympic Sports Books) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) How to Stop Acting: A Renown Acting Coach Shares His Revolutionary Approach to Landing Roles, Developing Them and Keeping them Alive Great Moments in Olympic Skiing (Great Moments in Olympic Sports) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Becoming a Professional Life Coach: Lessons from the Institute of Life Coach Training Bake It, Don't Fake It!: A Pastry Chef Shares Her Secrets for Impressive (and Easy) From-Scratch Desserts (Rachael Ray Books) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness( Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Dog Crate Training: 8 Tips to Help Your Best Friend Adjust

(Dog Training, dog crate training problems, dog separation anxiety, dog potty training Book 1)

Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)