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THE SPORTS
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SPRING 2024



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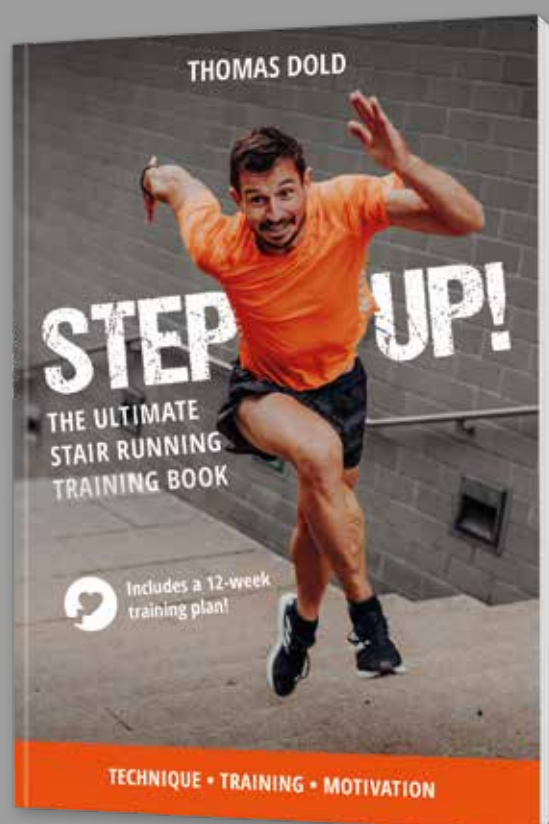
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STEP UP

THE ULTIMATE STAIR RUNNING TRAINING BOOK

MAY 2024

Step Up is the ultimate training guide to stair running for both beginner and ambitious runners. In addition to theoretical knowledge, it provides exercises and practical tips, all illustrated by photos and explanatory videos accessed via QR codes. Included, too, are exercise variations that help runners to push over their training plateaus and progress to the next level. With its strength and coordination exercises and stair jumps, *Step Up* offers new training incentives for those training for running, endurance, or other sports. The book also includes weekly plans that help structure training, aiding every runner in achieving their goals. To round out training, this book also addresses motivation and focus, crucial for training runners' mental strength. Interviews and personal insights from author Thomas Dold add a bit of levity, making this book both practical and entertaining for runners.



THOMAS DOLD is one of the most successful stair runners in the world. He has won 45 stair-running events worldwide, including seven consecutive victories in the most famous tower race—the Empire State Building Run-Up in New York. He also holds numerous world records and is the world champion in backwards running. He coaches various runners, including Olympic athletes. Thomas resides in Germany.



248 p., b/w

220 photos & illus.

Paperback, 6" x 9"

ISBN: 9781782552680

**\$ 24.95 US/
£ 21.00 UK/€ 24.95 EUR**

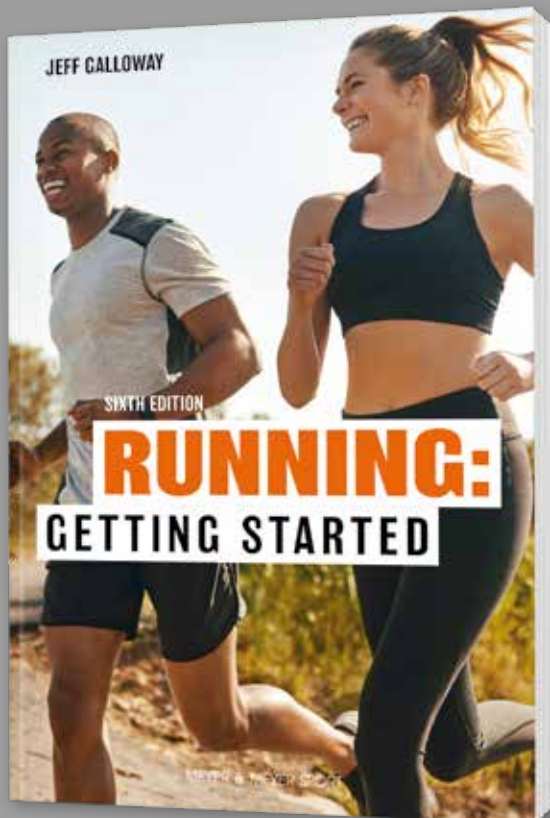


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RUNNING: GETTING STARTED

MARCH 2024

6TH EDITION



Running: Getting Started is the perfect guide for any person, at any fitness level, looking to start running for the first time, return to running after a break, or reset their training. Running coach and Olympian Jeff Galloway outlines what a person needs to know to get started, such as finding a running store and selecting the best pair of running shoes. Jeff also provides week-by-week training plans that can be tweaked depending on individual goals, making it easy to fit training into any lifestyle and stick with it. Jeff also includes information important to the beginner runner, such as nutrition and how to eat for running and weight loss, how to maintain good running form, how to stay injury free, how to stay motivated, how to prepare for that first race, and more. His advice is suitable for beginners at any age. With this book, not only will everyone start running, but they will enjoy their runs so much they will continue to run until they're 100!

JEFF GALLOWAY was an average teenage runner who kept learning and working hard until he became an Olympian. He is the author of the bestselling running book in North America (*Galloway's Book on Running*) and was a *Runner's World* columnist for more than 20 years, as well as an international speaker for more than 200 running and fitness sessions each year. His Run Walk Run® program has inspired millions to run and improve their running. His program's 99% success rate is based on Jeff's success with more than 500,000 runners.



Sixth Edition

240 p., b/w

20 photos & illus.

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**\$ 19.95 US/
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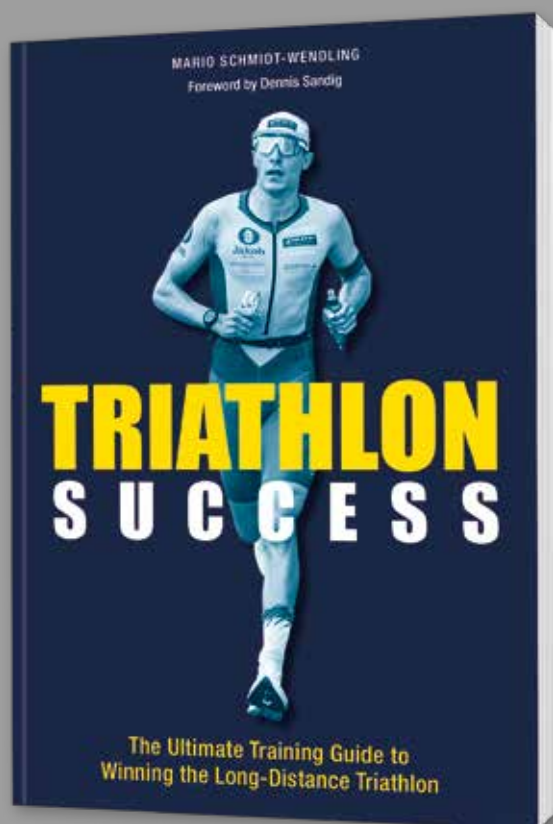
TRIATHLON SUCCESS

THE ULTIMATE TRAINING GUIDE TO WINNING THE LONG-DISTANCE TRIATHLON

MARCH 2024

Thousands of athletes compete in more than 200 triathlons globally each season. *Triathlon Success* provides the best training information for ambitious triathletes competing in Olympic to Ironman distances, making *Triathlon Success* a must-have, practical guide. This book does not offer generally formulated training plans, but rather the athlete is given the most important basics to be able to make the right decisions for his or her own training. Trainers will also find the explanations of the most important aspects of training theory useful.

All the training content is enriched by numerous practical examples, and the provided test procedures help triathletes diagnose their own progress. The athlete will also find relevant information on equipment, nutrition, preventing typical training mistakes, and training and competing in the heat, as well as a sample 16-week training plan, rounding out this ultimate training guide.



MARIO SCHMIDT-WENDLING studied sports science and holds an A coaching license from the German Triathlon Union. He has been working as a professional triathlon coach since 2004 and has coached more than 1,300 successful long-distance finishes over the years. He founded the company *sisu-training*, which is one of the world's most successful institutes for supporting triathletes, some who have gone on to win world, European, and national championship titles. He lives with his family in Frankfurt, Germany.



416 p., b/w

132 photos & illus.

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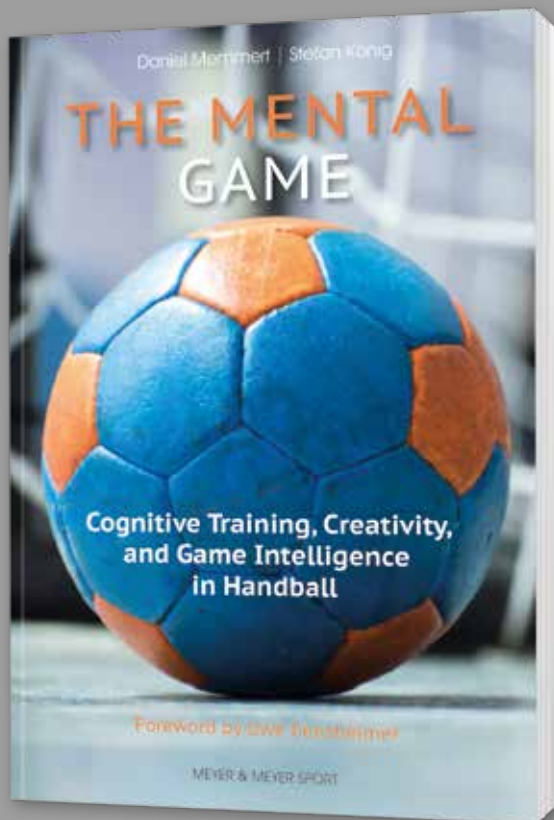


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THE MENTAL GAME

COGNITIVE TRAINING, CREATIVITY, AND GAME INTELLIGENCE IN HANDBALL

AUGUST 2024



Top team handball athletes Andy Schmid, Uwe Gensheimer, and Domagoj Duvnjak not only perceive everything that is happening around them, but they can also foresee the next game situations, allowing them to anticipate their opponents and win games. This mental speed sets the foundation to create master performances in extremely complex situations. This book offers both a theoretical framework in which anticipation, perception, attention, and memory processes play a big role in training as well as diagnostic tools and useful examples for training cognitive abilities. To round out training, the authors also include more than 70 game activities which can be incorporated into practice to train players' cognitive skills and improve their mental game.

PROF. DR. DANIEL MEMMERT is executive head of the Institute of Exercise Training and Sport Informatics at the German Sports University Cologne. He holds trainer licenses in soccer, snowboarding, and alpine skiing. He organized the first international master's degree in Game Analysis.

PROF. DR. STEFAN KÖNIG is professor at the Sports Center and director of the Research Center for Secondary Education at the Weingarten University of Education. His work focuses on training science; school sports research; sports game research; and research methodology.



200 p., in color
97 photos & illus.
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ISBN: 9781782552642

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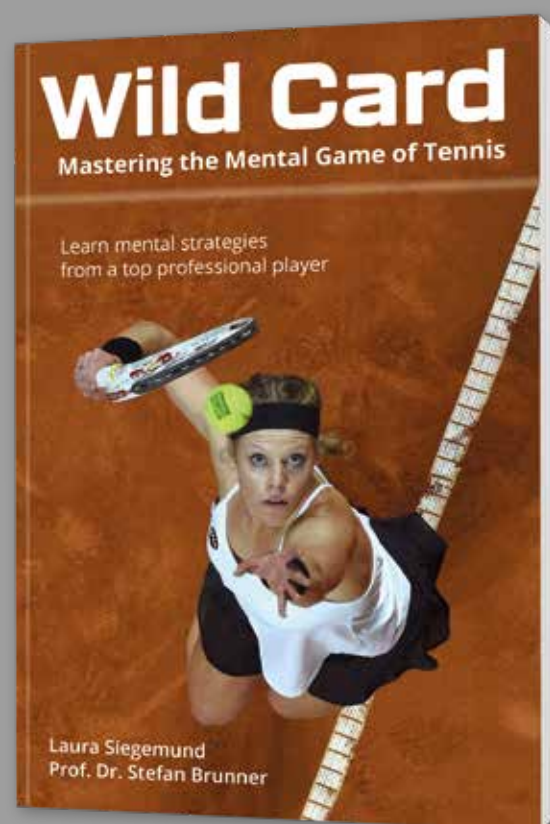
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WILD CARD

MASTERING THE MENTAL GAME OF TENNIS

JUNE 2024

Pressure, stress, and the threat of losing control—how can the athlete manage these challenges? *Wild Card* is the must-have guide for navigating these difficult moments. Though targeted specifically at the elite tennis player, it appeals to any athlete who has the ambition to perform at their best. Written from the perspective of world-class tennis player, Laura Siegemund, this guide equips the athlete with the tools to develop concentration, focus, resilience, the ability to handle mistakes, and self-regulation—all that the high-performance athlete needs to master the mental game. Guiding the reader through the highs and lows of a match, even an entire tournament, Laura Siegemund provides insight into extreme mental game situations and their complexity and resolves these situations together with mental coach and sports scientist, Prof. Dr. Stefan Brunner. With this book, the reader will feel empowered to win match point after match point.



LAURA SIEGEMUND is a world-class tennis player, two-time Grand Slam winner in doubles and mixed doubles, and two-time Olympian. She holds the highest coaching license from the German Tennis Federation, has a Bachelor of Science in Psychology, and lectures in competitive sports and business companies. Laura currently resides in the United States.

PROF. DR. STEFAN BRUNNER is a sports scientist and mental coach. He coaches high-performance athletes in various sports, and he holds a doctorate in sports psychology.



264 pages, b/w

30 photos & illus.

Paperback, 6" x 9"

ISBN: 9781782552703

\$ 29.95 US/

£ 24.95 UK/€ 29.95 EUR



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BADMINTON

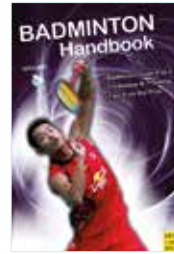


Meva Singh Dhési
REACH FOR THE RACQUET
The Sky's the Limit

This book is the story of a young Sikh man who overcomes adversity following a horrific car accident and ultimately achieves his dreams of becoming a competitive badminton and Para badminton player. It is an excellent resource for those seeking guidance on how to get ahead in a sport—especially those who have acquired a disability.

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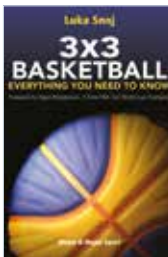
Bernd-Volker Brahm
BADMINTON HANDBOOK
Training – Tactics – Competition

This compact, groundbreaking training manual gives the reader an overall insight into the world of badminton. Training theory and background information about the sport and its stars relate the excitement of this sport.

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Luka Snoj
3X3 BASKETBALL
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MADE SIMPLE

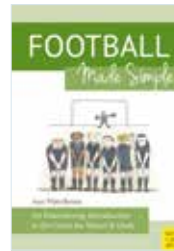


Ann Waterhouse
RUGBY MADE SIMPLE
An Entertaining Introduction to the Game
for Mums & Dads

If you will be cheering on a rugby touch line this winter, but are still mystified by the antics on the pitch, this is the book for you.

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Ann Waterhouse
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An Entertaining Introduction to the Game
for Mums & Dads

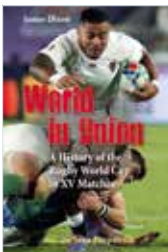
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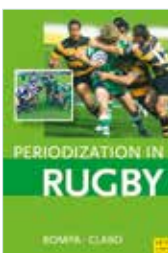


Enrique TOPO Rodríguez
RUGBY: THE ART OF SCRUMMING
A History, a Manual and a Law Dissertation
on the Rugby Scrum

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 The Comprehensive Guide

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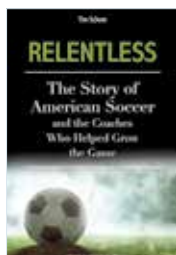
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Relentless tells the stories of 100 years of contributions from the US soccer coaching community, bringing to life the labor of love behind the expansion of the beautiful game, establishing it as a major force in US culture.

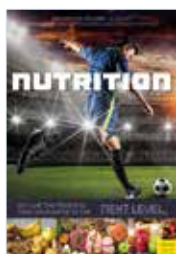
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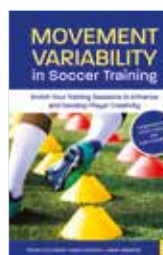
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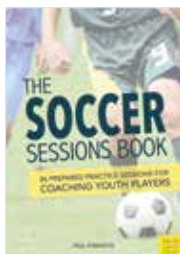
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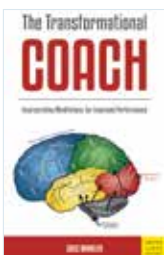
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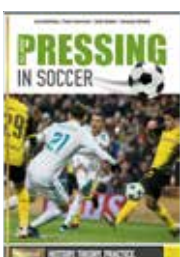
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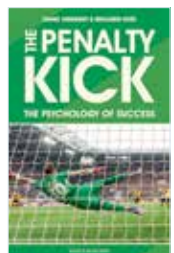
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Englund/Pascarella
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Darren Laver
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Coaching People, Creating Players
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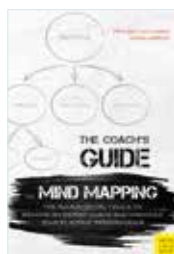
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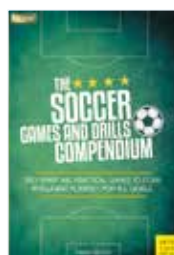
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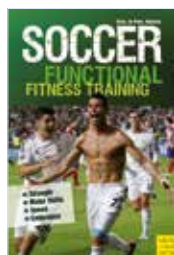
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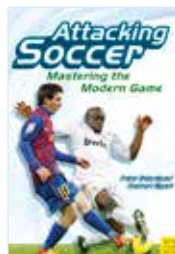
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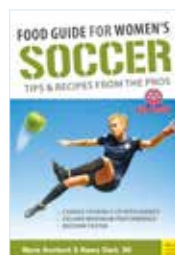
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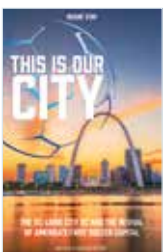
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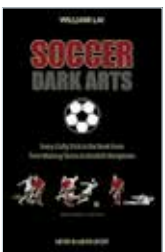
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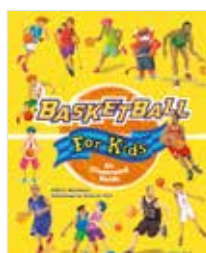
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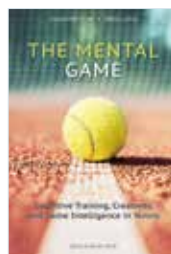
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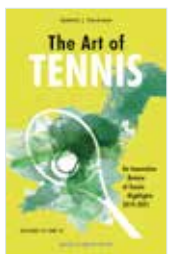
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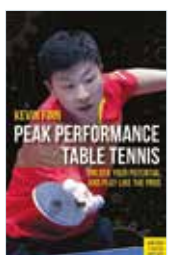
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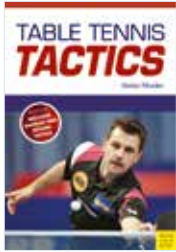
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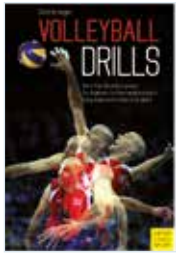


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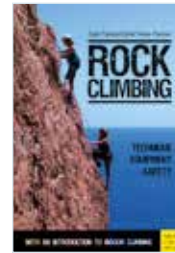


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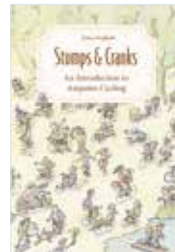
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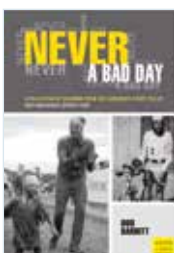
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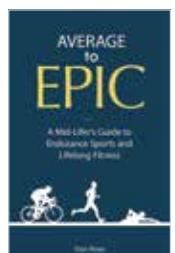
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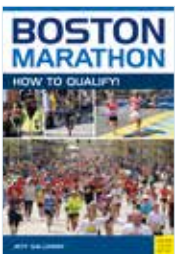
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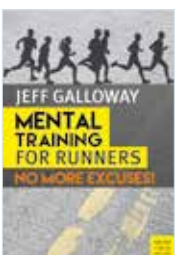
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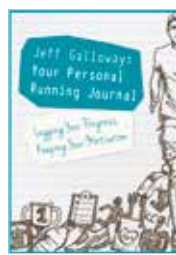
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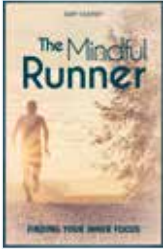
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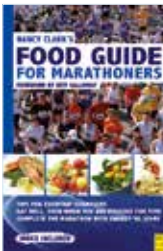
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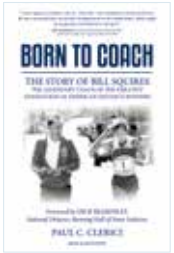
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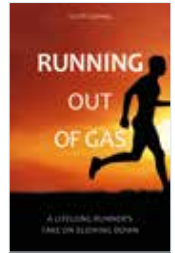
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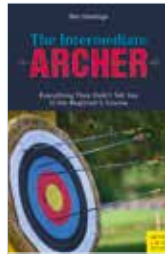
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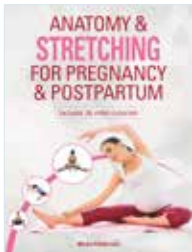
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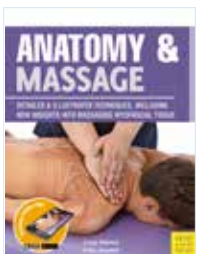
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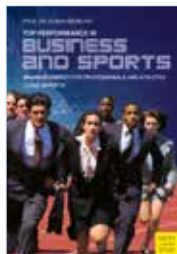
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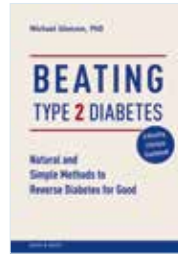
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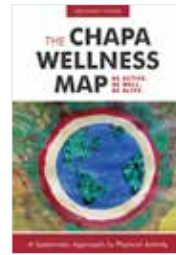
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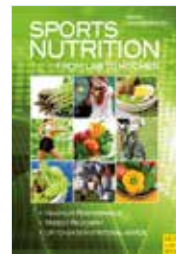
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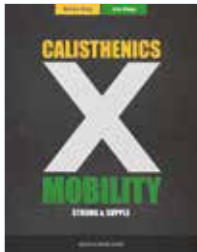


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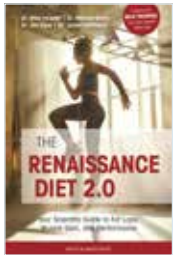




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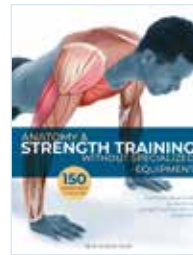
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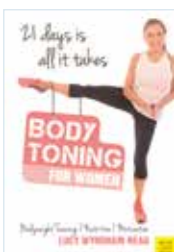
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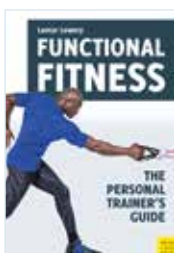


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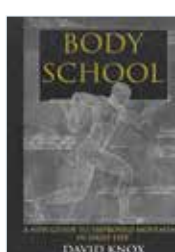
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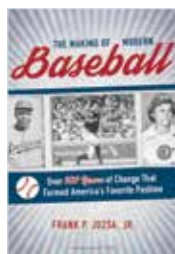
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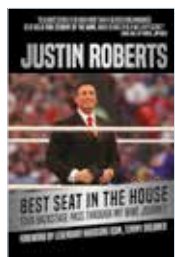
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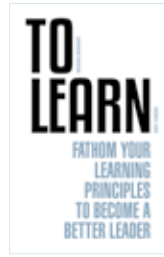
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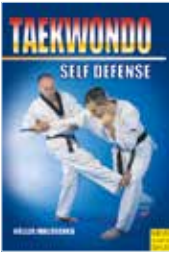


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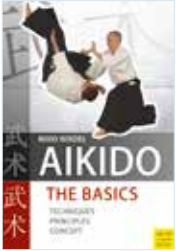
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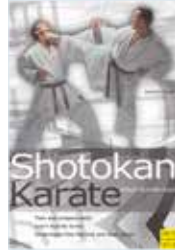
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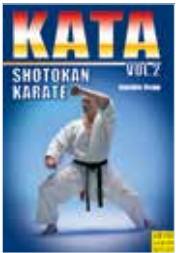
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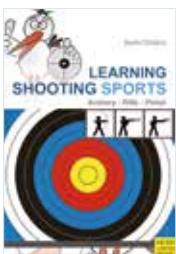
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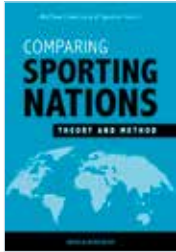


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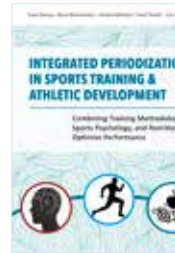
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