



# How to Win: The Sports Competitors Guide to Success

*Stephen Walker*

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## **How to Win: The Sports Competitors Guide to Success** Stephen Walker

Even champions were beginners once. Nobody really knows their potential as a sportsman or woman at the outset. But many people have absolutely no idea how to exercise or train for their chosen sport. Sometimes their coaches are inadequately trained. Many are well meaning and enthusiastic amateurs, perhaps parents, with no knowledge of exercise physiology, sports psychology or biomechanics. What is biomechanics anyway? As a student Stephen Walker was the victim of such poor standards of sports coaching but this left him with a thirst for knowledge about the building blocks of success. Now, as a successful and still practising athlete and a coach with some 40+ years of experience, Walker has put down on paper what he has learned so you can benefit. This is no academic work with small print and even smaller references. This is your coach speaking to you from the page. "How to Win" spells out for you what you need to know to be successful in your sport - to WIN. And in the final analysis it is all very straight forward and boils down to just one word. But you would be surprised how many people do not realise this and are pursuing fitness training programmes that are actually going to hinder them instead of help them. Do you understand why training with heavy weights would make you slow, for example? If you are engaged in sport in any way, shape or form then you need to know everything that is in "How to Win". Invest now in your future success with this excellent handbook subtitled "The Sports Competitor's Guide to Success".

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