

Surfski Winning The Races

The Ultimate Guide to Racing Success

Surfski Winning The Races is the ultimate guide to racing success. This comprehensive book covers everything you need to know to win races, from training to technique to tactics. Whether you're a beginner or a seasoned pro, this book has something for you.



SURFSKI: Winning the Races by Kevin Brunette

★★★★☆ 4.7 out of 5

Language : English
File size : 2078 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 108 pages
Lending : Enabled



Training

In this section, Kevin Brunette shares his expert advice on how to train for surfski racing. He covers everything from base training to interval training to race-specific workouts. Whether you're just starting out or you're looking to take your racing to the next level, this section has something for you.

Technique

Technique is key in surfski racing. In this section, Kevin Brunette teaches you the proper technique for paddling, steering, and turning. He also covers

advanced techniques such as downwind paddling and wave riding. By mastering the techniques in this section, you'll be able to improve your speed, efficiency, and control on the water.

Tactics

Tactics are just as important as training and technique in surfski racing. In this section, Kevin Brunette shares his secrets for making the right decisions on race day. He covers everything from choosing the right line to drafting off of your opponents. By following the advice in this section, you'll be able to put yourself in position to win races.

Mental Game

The mental game is just as important as the physical game in surfski racing. In this section, Kevin Brunette shares his tips for staying focused, motivated, and confident on race day. He also covers how to deal with setbacks and adversity. By following the advice in this section, you'll be able to develop the mental toughness you need to win races.

Free Download Your Copy Today!

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