

Ich bin dann mal weg

By Hape Kerkeling

Genre : Sports & Outdoors

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Ich bin dann mal weg by Hape Kerkeling is Sports & Outdoors Hape Kerkeling, Deutschlands vielseitigster TV-Entertainer, lief zu Fuß zum Grab des heiligen Jakob- über 600Kilometer durch Spanien bis nach Santiago de Compostela- und erlebte die reinigende Kraft der Pilgerreise. Ein außergewöhnliches Buch voller Witz, Weisheit und Wärme, ein ehrlicher Bericht über die Suche nach Gott und sich selbst und den unschätzbaren Wert des Wanderns. **Top Books, Featured Books, Top Textbooks, Top Free Books, Top Audiobooks, Audiobooks, Arts and Entertainment Books, Biographies and Memoir Books, Business and Finance Books, Children and Teens Books, Comics and Graphic Novels Books, Computers and Internet Books, Cookbooks Food and Wine Books, Fiction and Literature Books, Health, Mind and Body Books, History Books, Humor Books, Lifestyle and Home Books, Mysteries and Thrillers Books, Nonfiction Books, Parenting Books, Politics and Current Events Books, Professional and Technical Books, Reference Books, Religion and Spirituality Books, Romance Books, Sci-Fi and Fantasy Books, Science and Nature Books, Sports and Outdoors Books, Travel and Adventure Books**

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[Natación.](#)

By : **Ernest W. Maglischo**

Natación. Técnica, entrenamiento y competición es la obra de referencia definitiva sobre la técnica de los estilos y los métodos de entrenamiento. Además de explicar lo que los nadadores deben hacer, el autor explica por qué se deben ejecutar las técnicas y el entrenamiento de una forma particular. Una característica importante del libro es el análisis técnico exhaustivo y perspicaz de los cuatro estilos principales: libre, espalda, braza y mariposa. Junto con el texto se presentan más de 500 fotografías e ilustraciones, incluyendo fotografías de nadadores de nivel internacional que muestran una técnica perfecta. También se presenta una explicación completa de la base fisiológica de los métodos de entrenamiento más efectivos que apoyan la instrucción técnica, incluyendo ejemplos de sesiones y programas de entrenamiento con todo detalle para cada prueba competitiva. Con este libro los nadadores y entrenadores de natación adquirirán nuevos conocimientos, refinarán la técnica, maximizarán el entrenamiento y recortarán valiosos segundos en sus marcas. Ernest W. Maglischo ha sido entrenador de natación durante 38 años, trabajando en cuatro universidades y dos clubes de natación. Ha ganado 13 campeonatos nacionales universitarios estadounidenses a nivel de la División II y 19 campeonatos de estatales. En 1996 fue galardonado con el premio del Entrenador del Año de Natación de la Conferencia Pacífico 10, y ha sido nombrado entrenador del año de la División II de los Campeonatos Universitarios Estadounidenses ocho veces, un récord sin precedentes. También ha sido galardonado con el premio más alto del entrenamiento, el Trofeo Nacional de la Natación Universitario y Escolar. Maglischo tiene un doctorado en Fisiología del Ejercicio de la Universidad Estatal de Ohio. Es miembro de la Asociación de Entrenadores Universitarios de Natación, la Asociación de Entrenadores Estadounidenses, y USA Swimming donde forma parte del Comité de Medicina Deportiva. Maglischo trabaja ahora como entrenador ayudante voluntario de la Universidad de Oakland. Reside en Rochester, Michigan.

[La ciclabile della Riviera di Ponente](#)

By : **Albano Marcarini**

Negli itinerari di Cycle! una proposta in bicicletta nel Parco Costiero del Ponente Ligure dove una vecchia ferrovia è diventata la più bella greenway italiana. Un vademecum per una passeggiata pedalando con testi, immagini, acquarelli, cartine, schede tecniche...

[The Triathlete's Guide to Peak Performance](#)

By : **Editors of Inside Triathlon magazine**

The Triathlete's Guide to Peak Performance is the ultimate resource for every multisport athlete striving to break through to the next level on the race course. It is a compilation of hard-won knowledge shared by the sport's greatest coaches and champions from the pages of Inside Triathlon magazine. The stories delve into the minutia behind training and racing strategies that have carried athletes to Olympic success and Ironman® world titles. This e-book shows you how to reach the pinnacle of your own abilities by tapping into your mental and physical potential.

[No Borders](#)

By : **Tom English**

From Jack Kyle's immortals to Brian O'Driscoll and Paul O'Connell's golden generation and Rory Best's history-makers, this is the story of Irish rugby told in the players' words. Celebrated rugby writer Tom English embarks on a pilgrimage through the four provinces to reveal the fascinating and illuminating story of playing Test rugby in the green of Ireland - all the glory of victory, all the pain of defeat, and all the camaraderie behind the scenes. But more than a nostalgic look back through the years, this is a searing portrait of the effects of politics and religion on Irish sport, a story of great schisms and volatile divisions, but also a story of the profound unity, passionate friendships and bonds of a brotherhood. With exclusive new material garnered from 130 interviews with players and coaches from across the decades, No Borders unveils the compelling truth of what it means to play for Ireland at Lansdowne Road, Croke Park, the Aviva Stadium and around the world. This is the ultimate history of Irish rugby - told, definitively, by the men who have been there and done it.

[Umwelt- und baurechtliche Aspekte einer Golfsportstätte](#)

By : **Oliver Götz**

Bachelorarbeit aus dem Jahr 2014 im Fachbereich Sport - Sportökonomie, Sportmanagement, Note: 1,7, Deutsche Sporthochschule Köln (Institut für Sportrecht), Sprache: Deutsch, Abstract: "Der Golfsport erfreut sich seit vielen Jahren einer wachsenden Medienpräsenz" (Steingrube & Ziebarth, 2005, S. 5). Nationale sowie internationale Golfturniere sind Bestandteil der Sportnachrichtenerstattung. Früher war diese Sportart der oberen Gesellschaftsschicht vorbehalten und galt als extravagant. Mittlerweile hat sie sich zu einer bedeutenden Breitensportart entwickelt, die nachweislich vermehrt von Jugendlichen praktiziert wird. Auch Senioren finden sich in der Zielgruppe wieder, um beispielsweise von den gesundheitlichen Aspekten zu profitieren. Die physischen Anforderungen an das Herzkreislaufsystem sind gering, d.h. es wird sich zu keinem Zeitpunkt im anaeroben Bereich bewegt. Die Spieler legen bei einer 18-Loch Anlage geschätzte 8 km zurück, was sich positiv auf den Bewegungsapparat und die Gesundheit auswirkt. (Boldt, Ferrauti & Wolff, 2000). Längst wurde der Golfsport auch von der Wirtschaft als profitable Kommunikationsplattform entdeckt. Audi als Haupt- und Sky als Premiumsponsor zählen zu den großen Geldgeber, die Millionenbeträge investieren (<http://www.golf.de/dgv/sponsoren.cfm>, Zugriff am 11.06.2014). "Gerade diejenigen Sportarten, die in der freien Natur betrieben werden mit dem Ziel, sportliche Erfolgserlebnisse mit dem Erleben der Natur zu kombinieren, beeinträchtigen eben

diese Natur häufig am nachhaltigsten" (Weisemann & Spieker, 1997, S. 2010). So auch der Golfsport. Dem Jahresbericht 2012 des Deutschen Golf Verbandes zu Folge nimmt die Zahl der aktiven Golfer jährlich zu. Im Jahr 2012 betrug die Anzahl der Golfer 635.097. Der Boom des Golfsports führt zu einer erhöhten Frequentierung von bereits genutzten Gebieten. Dabei werden nicht selten Belastungsgrenzen überschritten, zusätzlich entstehen erhebliche Störwirkungen auf Flora und Fauna (Winkelmann & Wilken, 1998). Die vermehrten Planungen und Errichtungen von Golfanlagen zeugen von der positiven Nachfrageentwicklung. Nordrhein-Westfalen und Bayern sind die größten Landesverbände. Dort befinden sich über 150 Anlagen, mit 173 bzw. 196 DGV-Mitglieder. Diese Tatsachen sind entscheidende Katalysatoren für die gestiegene Belastungen von Natur und Umwelt für die sich der Sport verantworten muss.

War Machine

By : **Sammy Franco**

War Machine is a book that will change you for the rest of your life! This unique combat conditioning program is specifically designed to transform you into a vicious and deadly street fighter. When followed accordingly, War Machine will forge your mind, body and spirit into iron. Once armed with the mental and physical tools of the War Machine, you will become a strong and confident warrior that can handle just about anything that life may throw you way. In essence, War Machine is a way of life, powerful, intense and hard. War Machine is a unique transformation program designed for martial artists, self defense students, law enforcement and military personnel. Beginner, intermediate and advanced self defense practitioners will benefit from the principles and concepts outlined in this unique program. Topics include: combat psychology, the components of mental toughness, combat conditioning workout routines, the combat utility of muscle groups, proper nutrition guidelines, street fighting tactics and techniques, combat visualization techniques, combat desensitization, the killer instinct and much more. Also includes an interactive glossary and video demonstrations.

Shane

By : **Delme Parfitt & Shane Williams**

Shane Williams has spent almost a decade thrilling the rugby world with his evasive running skills and a box of tricks that has left the best defences grasping thin air, disproving the notion that size matters in modern professional rugby. He's been called the little wizard, the artful dodger and a whole host of other superlatives, and wherever Williams has played, the crowd have been on the edge of their seats. As his teenage years came to an end, Williams looked set for a life of relative obscurity playing scrum-half for his local side, Amman United, and scratching around in a variety of day jobs. All that changed, however, when he was plucked from nowhere by then Neath coach Lyn Jones, and his rise to become Wales's most dangerous strike runner was meteoric. Following his international debut aged 21, Williams lit up Wales's 2003 World Cup campaign and went on to become an integral part of the Grand Slam-winning side of 2005, a year in which he also toured with the British Lions to New Zealand. In 2008, when Wales took the Grand Slam once more, he made a sensational contribution to the side's glorious victory. After leading the great Bryan Habana a merry dance on the way to two mesmerising tries on Wales' tour to South Africa just two months later, Williams became the first Welshman crowned IRB World Player of the Year that autumn. He then completed the 2008-09 season with a second Lions tour, touching down twice in the 28-9 third Test victory against the Springboks. In Shane , Williams reveals the inside story of his incredible rugby career so far, the personal trials that have come with success and how he has managed to defy the odds to become a living Welsh rugby legend.

Judo First Grading (with Video)

By : **CoachBook**

In this eBook we will guide you through the step by step process of completing your Judo first grade (belt) and with the use of video tutorials you will quickly be able to pick up the fundamentals of Judo at the beginners level. this book is ideal for using as a training aid to support your club attendance.

The Complete Idiot's Guide to Swimming

By : **Mike Bottom & Nathan Jendrick**

Dive in! The water's fine. Packed with clear, professional instructions, helpful tips and advice, and information on indoor and "open" (ocean) swimming, The Complete Idiot's Guide® to Swimming , has everything a swimmer needs, no matter what skill level, to make the most of their time in the water. ? Detailed instructions for the four basic strokes-breast stroke, backstroke, butterfly, and freestyle-as well as the "fifth stroke" dolphin kick ? Features beautiful underwater and above-water photographs ? Information on programs and exercise drills for fitness and competition

Running to the Top

By : **Arthur Lydiard**

Succesful coach Arthur Lydiard presents an overview of the techniques of middle and long distance running. Besides detailed schedules for the training, the book includes tips concerning equipment and outfit, nutrition, prevention of injury, therapy and the relationship between the coach and the athlete.

