



Crosstraining for Endurance Athletes: Building Stability, Balance, and Strength

Raul Guisado

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Most athletes know that strength and flexibility are critical parts of a successful training program. But endurance athletes place extraordinary demands on their bodies. In order to prevent injury and enhance performance, these athletes need to correct muscular imbalances and improve functional movement, efficiency, and force production.

Now, for the first time, Olympic coach Raul Guisado takes crosstraining beyond the basics of strength and flexibility to explain the benefits that trunk stability, joint stability, power, and agility can produce in a training program. Guisado also stresses the importance of integrating these crosstraining workouts in your training—not just in the off-season, but throughout the year.

With over 80 illustrated exercises, distance runners, road cyclists, mountain bikers, swimmers, Nordic and alpine skiers, triathletes, and adventure runners can develop crosstraining workouts specific to their common weaknesses or overuse areas.

Whether you are new to endurance sports or are an ultra-athlete, this book is an essential supplement to your current training program. It is sure to improve your overall fitness, and it will help fine-tune your body for maximum performance in your chosen sport.

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