



# **Core Performance Endurance: A New Training and Nutrition Program That Revolutionizes Your Workouts**

*Mark Verstegen, Pete Williams*

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Mark Verstegen, the world-renowned performance coach who was at the forefront of the core training revolution, now applies his cutting-edge training system to the special needs of the endurance athlete with *Core Performance Endurance*.

Verstegen's first two books, *Core Performance* and *Core Performance Essentials*, broke new ground in fitness with their intense focus on the muscles of the core: shoulders, hips, and midsection. That focus remains the key here as he not only helps endurance athletes train more effectively, but also gives them a potent regimen of core training that will help them move more efficiently, speed recovery, and stave off overuse injuries and long-term deterioration.

His plan:

- helps endurance athletes at all levels—from competitive swimmers and hard-driven triathletes to everyday joggers
- delivers the desired combination of strength and stamina, balance and flexibility, athletic quickness and power—to which the endurance athlete strives
- provides an endurance-oriented nutrition program complete with recommendations for pre- and post-race eating

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