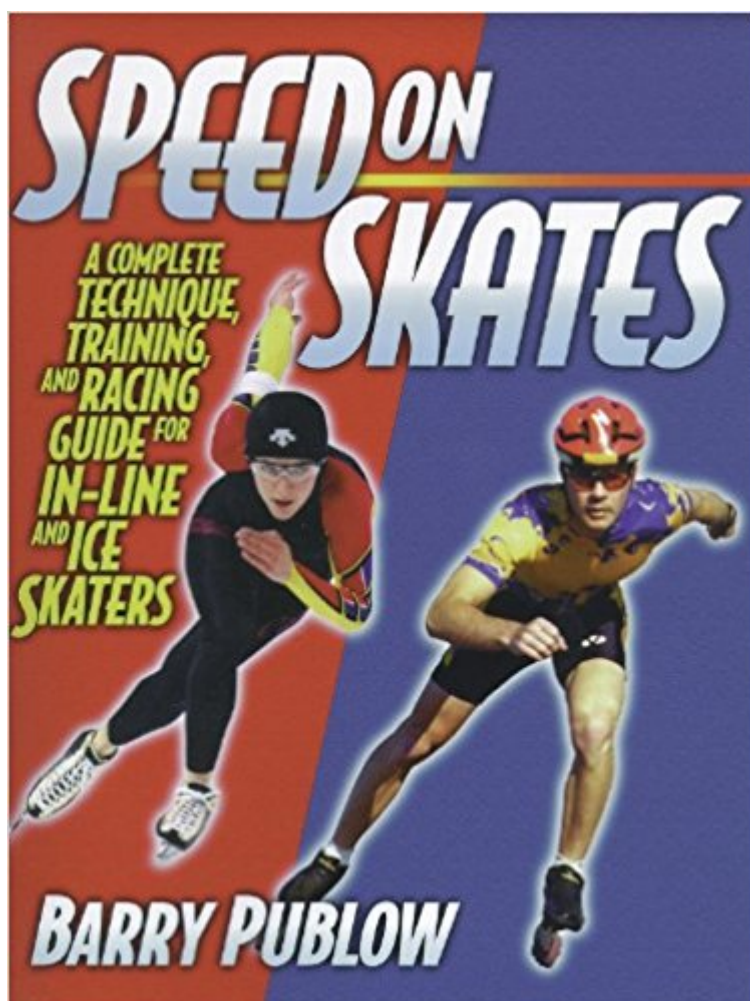


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# Speed On Skates: A Complete Technique, Training And Racing Guide For In-Line And Ice Skaters



## Synopsis

Become a smoother, faster, and better-conditioned skater-on asphalt and on ice. *Speed on Skates*, the most comprehensive and in-depth book ever written on in-line and ice speedskating, gives you the instruction and drills to master basic to advanced techniques. Elite skater and coach Barry Publow combines the science and art of speedskating as he covers every discipline:- In-line-indoor and outdoor - Long track- Short track- Marathon skating

First, Publow explains and demonstrates the mechanics of efficient skating form with regard to basic body position, push-off, glide, stroke recovery, weight transfer, crossover steps, and turn mechanics for both in-line and ice speedskating. He also presents straightaway, cornering, and double-push drills plus advanced in-line techniques. Next, Publow shares training methods proven to improve the quality of your workouts and produce the best skating performance. He breaks down the components of an effective conditioning program and highlights the most beneficial training exercises for skaters. Individual chapters focus on heart rate training, interval training, power training, building strength and muscular endurance, and stretching and flexibility. This section concludes with year-round training plans specifying off-season, preparatory phase, and competitive season activities and workloads for in-line and ice skaters. Now that you're in shape to compete, Publow shifts his sights to racing. From selecting the proper equipment to using effective solo strategies and team tactics, you'll learn how to get the edge in both safety and speed! Equally valuable for first-time competitors and elite racers, *Speed on Skates* is the best and most complete guide to speedskating technique, training, and racing. A must for athletes, coaches too will find the book a valuable tool for training their skaters to a higher level of performance.

## Book Information

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## Customer Reviews

""With Speed on Skates, Barry Publow gets right to the heart of serious training. There is no fluff in this comprehensive effort, which is full of outstanding insights for new skaters, while offering concrete advice for professional athletes. Speed on Skates is the first book to cover both in-line and ice racing. From technique to drills, intervals, and skating competitively, Speed on Skates will become a must for every skater's library.""Lauri MuirPublisher and EditorFitness and Speed Skating Times ""This book contains everything you need to know about skating, whether you are an experienced racer or just getting started in the sport.""Derek D. ParraU.S. National Team Member, Long Track Speedskating18 world titles and 2 world records1998 Olympian "

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I don't do any inline racing, and only got this book to help with my ice speedskating. While the book covers both, it very clearly delineates the technique and position differences between the two. A tremendous effort is put into covering biomechanics - not only where each body part is supposed to be at each stage of the stroke, but also the most common reasons for a specific misalignments. The drills are straightforward and build step by step. They take you all the way from gliding with feet parallel in basic position, to a full push and recovery stroke. Don't expect to get the book and start flying around the track or down the road. The emphasis is on building fundamentals, one skill on top of the other, with a lot of hard work. Bottom line, this is the single best book on speedskating technique that I have read.

Book is incredible! just incredible!!! A classic!! Every speed skater sees this book as the Bible, I

have read!!! Thank you so much, Barry! I hear he has a new one out too, that expands on this one, so look for the new one also!!! The new one is called, "The Science of Speed" I believe! That's my next purchase!

Only resource I've found with regards to skating technique and training. Barry you should write another.

Barry Publow has put together a great book for anyone interested in a specific book on skating. The pictures are good, giving the reader a visual for what is being explained. The book is dated, but I have not found anything to compare it too. It is a great resource for anyone looking to get into inline or ice skating. I use the drills frequently to improve my form.

Very interesting book. Contains technique, drills and power exercises for speed skating. I very satisfied. Book that I ordered is used, so it smells of tobacco. (so rating 4)

Copyright 1999, but still a very good guide. Exercises, skating techniques, team techniques; well written. A must-read if you plan to attend a USARS Clinic and to skate competitively.

Could use some updated photos but the information is solid. It's helping me train for an upcoming marathon in CA.

simply the best to take you from walking on skates to generating speed with great form 5 out of 5 stars

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