



# The Winter Athlete: Secrets of Wholistic Fitness for Outdoor Performance

*Steve Ilg*

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Outdoor recreation is attracting more and more participants every year, and winter is no longer seen as an off-season or a time to be shut indoors. Winter sports, once the select domain of ski racers, now attract all outdoor enthusiasts. Cyclists, runners, kayakers, and hikers use winter sports as a catalyst to their off-season fitness, while winter athletes use summer sports for the same purpose.

"The Winter Athlete" covers both endurance sports—nordic skiing, polar paddling, snowshoeing, winter mountain biking, winter mountaineering, and multisport competition—and skill sports—alpine skiing, ice climbing, snowboarding, telemarking. Ilg offers yearround sport-specific training prescriptions, exercise descriptions, nutritional guidance, and photos from his thirteen-year span as a nationally sponsored multisport athlete.

The perfectly balanced training regimens in "The Winter Athlete" are appropriate for winter competitors, summer competitors who need to maintain year-round peak condition, and recreational athletes who just want to get outdoors and stay in shape.

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