

# **Pacing: Individual Strategies For Optimal Performance**

## **By Kevin Thompson**

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Book author of Pacing: Individual Strategies for Optimal Performance. Sept 2014. Human Kinetics  
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### **Pacing: individual strategies for optimal**

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Kevin Thompson reviews the latest studies on pacing and sport performance. Individual Strategies for Optimal Performance examines the science,

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He then applies his findings by investigating the pacing strategies behind specific sports Pacing: Individual Strategies for Optimal Performance examines

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