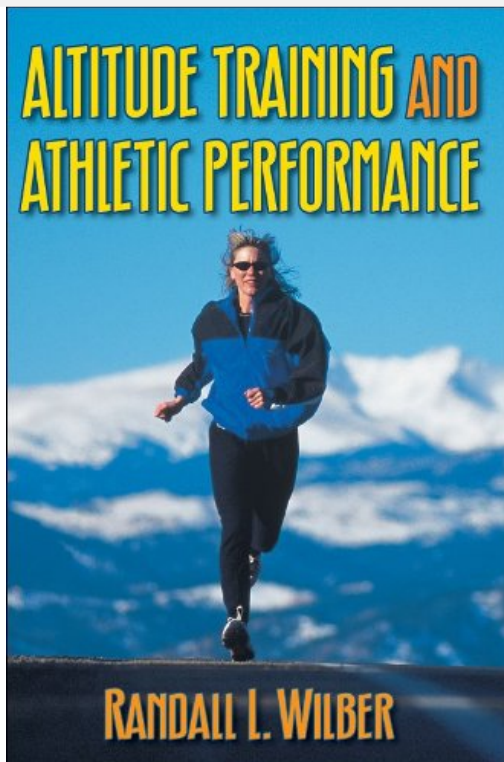

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Book Synopsis

This title explains the physiology of altitude training and athletic performance, and the practical application of altitude training. It combines research, training principles and proven programme strategies to improve performance in aerobic sports.
