



 **velopress<sup>®</sup>**  
**backlist**

## TOP BACKLIST SELLERS

### The Cyclist's Training Bible, 5th Edition

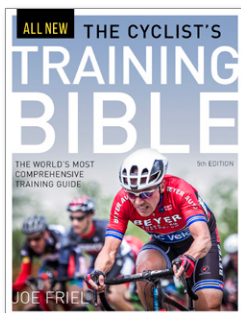
Joe Friel

From the most trusted name in endurance sports coaching, *The Cyclist's Training Bible* is the most comprehensive and reliable training resource ever written for cyclists.

\$26.95 US | \$34.99 CAN  
9781937715823 (paperback)  
9781948006040 (ebook)

**Category:** Top Backlist Sellers

**Rights:** World



### Running Rewired, 2nd Edition

Jay Dicharry

Jay Dicharry, America's leading endurance sports physical therapist and coach, shares a program for runners to become stronger, faster, and more durable—now with additional workouts and updated to include the latest research and a new chapter for runners new to the sport.

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**Category:** Top Backlist Sellers

**Rights:** World



### The Triathlete's Training Bible, 5th Edition

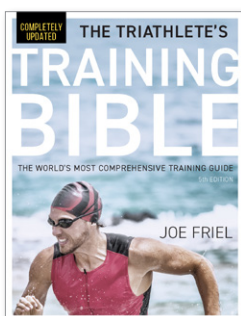
Joe Friel

The best-selling and most comprehensive guide for aspiring and experienced triathletes! Get stronger, smarter, and faster with the bible of the sport from the most trusted coach in the world and his proven triathlon training program.

\$27.95 US | \$36.95 CAN  
9781646046072 (paperback)  
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**Category:** Top Backlist Sellers

**Rights:** World



### How Bad Do You Want It?

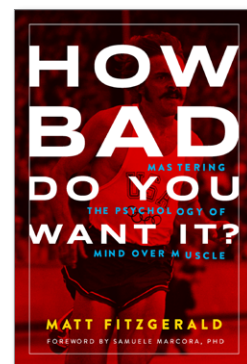
Matt Fitzgerald

The greatest athletic performances spring from the mind, not the body! Fitzgerald's fascinating book will forever change how you answer this question and show you how to master the psychology of mind over muscle.

\$19.95 US | \$26.95 CAN  
9781937715410 (paperback)  
9781937716714 (ebook)

**Category:** Top Backlist Sellers

**Rights:** World English



### Hansons Marathon Method

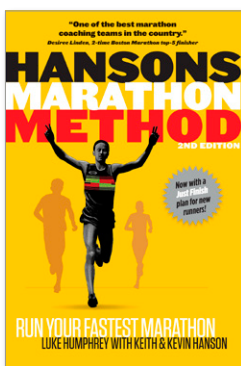
Luke Humphrey, Keith Hanson, and Kevin Hanson

The coaches of the Hansons-Brooks Distance Project reveal their innovative marathon training program that has helped thousands of runners become true marathoners and smash their personal bests.

\$19.95 US | \$26.95 CAN  
9781937715489 (paperback)  
9781937716769 (ebook)

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### The Brave Athlete

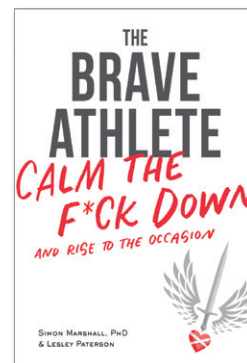
Lesley Paterson and Simon Marshall

What if you could stop the thoughts and feelings you don't want? What if you could feel confident, suffer like a hero, and handle any stress? You can. *The Brave Athlete* solves the 13 most common mental conundrums athletes face in their everyday training and in races.

\$24.95 US | \$32.99 CAN  
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9781937716912 (ebook)

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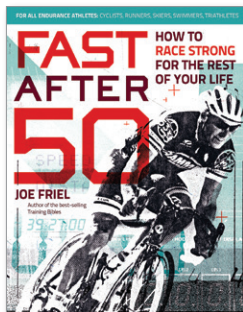
## Fast After 50

Joe Friel

In this groundbreaking book, Friel offers a smart approach for athletes to ward off the effects of age. Friel shows athletes how to extend their racing careers for decades—and race to win.

\$21.95 US | \$28.99 CAN  
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## Hal Koerner's Field Guide to Ultrarunning

Hal Koerner and Adam W. Chase

Don't learn the hard way! Get a jump on training for an ultramarathon with the comprehensive handbook for running 30 to 100 miles and beyond.

\$18.95 US | \$24.99 CAN  
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**Category:** Top Backlist Sellers  
**Rights:** World



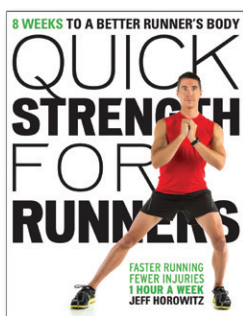
## Quick Strength for Runners

Jeff Horowitz

A smart, fast-paced strength-training program for runners who want to run faster and with fewer injuries! In under an hour a week, runners will strengthen their core and key running muscles to build a better runner's body, no gym or pricey equipment required.

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## Zinn & the Art of Mountain Bike Maintenance, 6th Edition

Lennard Zinn

From basic repairs to advanced overhauls of drivetrains and brakes, Lennard Zinn's clearly illustrated best-selling guide makes every repair and maintenance of mountain bikes, hybrids, and fat bikes easy for everyone.

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9781646046607 (ebook)

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**Rights:** World



## Racing Weight, 2nd Edition

Matt Fitzgerald

Hit your target numbers on both the racecourse and the scale with this proven science-based program designed specifically for endurance athletes! Coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training.

\$18.95 US | \$24.99 CAN  
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9781937716264 (ebook)

**Category:** Top Backlist Sellers  
**Rights:** World English



## Zinn & the Art of Road Bike Maintenance, 6th Edition

Lennard Zinn

A friendly step-by-step guide that makes bicycle repair and maintenance easy, quick, affordable, and fun! The world's leading expert on bike maintenance and repair explains the tools you'll need and how to know you've done the job right.

\$27.95 US | \$36.95 CAN  
9781646046874 (paperback)  
9781646046881 (ebook)

**Category:** Top Backlist Sellers  
**Rights:** World



# RUNNING

## Hansons First Marathon

Luke Humphrey, Kevin Hanson, and Keith Hanson

America's most successful marathon training group offers a smart, friendly guide to preparing for your first marathon. With their proven method, the Hansons-Brooks Distance Project coaches break down the 26.2 miles into achievable daily workouts.

\$18.95 US | \$24.99 CAN  
9781937715793 (paperback)  
9781937716950 (ebook)

**Category:** Running  
**Rights:** World



## SpeedRunner

Pete Magill

Transform your running performance with celebrated running coach Pete Magill as he reveals his 4-week training plan to make any athlete into a faster runner no matter the sport, age, gender, experience, or goals.

\$24.95 US | \$32.99 CAN  
9781937715786 (paperback)  
9781937716998 (ebook)

**Category:** Running  
**Rights:** World



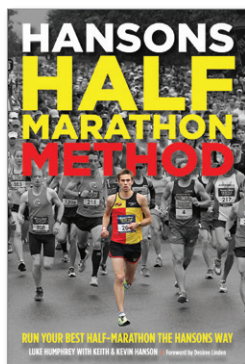
## Hansons Half-Marathon Method

Luke Humphrey, Keith Hanson, and Kevin Hanson

Forge a breakthrough half-marathon performance! The Hansons-Brooks team shares its winning science-based approach to half-marathon pacing, nutrition, and hydration to ensure that runners finish feeling strong.

\$18.95 US | \$24.99 CAN  
9781937715199 (paperback)  
9781937716530 (ebook)

**Category:** Running  
**Rights:** World



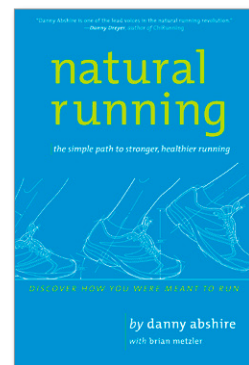
## Natural Running

Danny Abshire and Brian Metzler

Backed by studies at MIT and Harvard, running form and injury expert Danny Abshire presents the natural running technique, form drills, and an 8-week transition plan that will put runners on the path to faster, more efficient, and healthier running.

\$18.95 US | \$24.99 CAN  
9781934030653 (paperback)  
9781937716066 (ebook)

**Category:** Running  
**Rights:** World



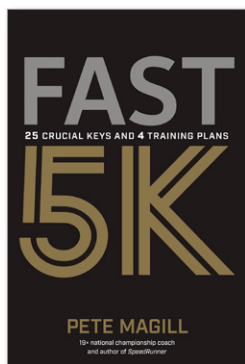
## Fast 5K

Pete Magill

This fast-paced ultimate guide offers three 12-week plans and one 16-week 5K training plan by celebrated running coach Pete Magill.

\$19.95 US | \$25.99 CAN  
9781937715922 (paperback)  
9781948006095 (ebook)

**Category:** Running  
**Rights:** World



## Run like a Champion

Alan Culpepper and Brian Metzler

One of America's most versatile and accomplished runners, Alan Culpepper reveals all the guidelines, tips and tricks, workouts, mental training, and nutritional practices that Olympic runners use.

\$18.95 US | \$24.99 CAN  
9781937715076 (paperback)  
9781937716684 (ebook)

**Category:** Running  
**Rights:** World





## Run Strong, Stay Hungry

Jonathan Beverly

Running journalist Jonathan Beverly reveals the secrets—from training methods to mental attitudes to finding community among fellow runners—and the 9 specific keys that help racers who are still racing fast and loving the sport decades after they got their start.

\$18.95 US | \$24.99 CAN  
9781937715694 (paperback)  
9781937716882 (ebook)

**Category:** Running

**Rights:** World



## COMPETE Training Journal

Lauren Fleshman

Racing should make you sweat in a good way. With *Compete Training Journal*, you'll look at the competition in a new way and find new rewards from the running you love. Includes space for goal setting, logging workouts for two seasons of racing (spring/fall), race plans and reviews, a race calendar, and pace charts for 200 m to 26.2 mi.

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9781937715618 (paperback)

**Category:** Training

**Rights:** World



## Running Outside the Comfort Zone

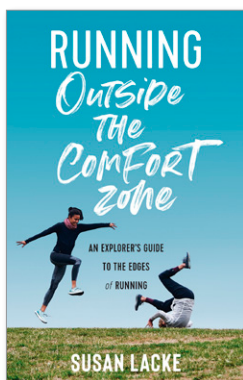
Susan Lacke

Uncover the brash, bold, and very human sides of running! Seeking to reengage with the sport she once loved, Susan spends a year exploring running in its many shapes and forms, taking on running challenges that scare her, push her, and embarrass her.

\$18.95 US | \$24.99 CAN  
9781937715847 (paperback)  
9781948006002 (ebook)

**Category:** Running

**Rights:** World



## Girls Running

Melody Fairchild and Elizabeth Carey

A go-to guide for everything girls need to know to run better and love the journey while doing it! With straight talk on training, physiology, menstruation, sports nutrition, a winning mindset, body image issues, gear, team-building, and competition, *Girls Running* educates and empowers young runners.

\$19.95 US | \$25.99 CAN  
9781948007184 (paperback)  
9781948006286 (ebook)

**Category:** Running

**Rights:** World



## Believe Training Journal (Electric Blue Edition)

Lauren Fleshman

A good running journal makes the miles make sense. Use this training tool to learn more from your runs, to dig deeper, and to join a running community that believes in you.

\$23.95 US | \$32.95 CAN  
9781948007061 (paperback)

**Category:** Running

**Rights:** World



## Trailhead

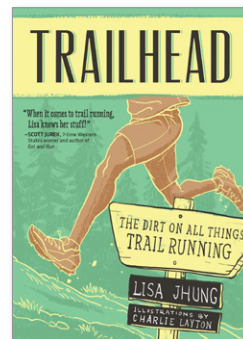
Lisa Jhung

A witty, fun pocket guide to all things trail running! Veteran trail runner Lisa Jhung offers authoritative advice on how to find good trails to run, choosing the best shoes and clothing, and how to stay safe from wildlife and weather.

\$18.95 US | \$24.99 CAN  
9781937715328 (paperback)  
9781937716660 (ebook)

**Category:** Running

**Rights:** World



## CYCLING

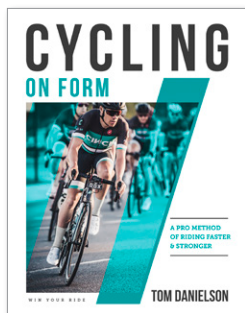
### Cycling On Form

Tom Danielson and  
Kourtney Danielson

Riding a bike faster takes more than just fitness. It takes skills that you can master to become a faster, stronger rider. Former professional bike racer Tom Danielson shows how to transform your cycling from amateur to professional level with the fitness and time you have now.

\$24.95 US | \$32.99 CAN  
9781948007047 (paperback)  
9781948006170 (ebook)

**Category:** Cycling  
**Rights:** World



### How the Race Was Won

Peter Cossins

Great cyclists are born, but winning cyclists are made by the brains of their managers! *How the Race Was Won* is a thrilling and unprecedented look at how victory is won, how rivals are vanquished, and how pure speed can only prevail when supported by deep brainpower.

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9781937715861 (paperback)  
9781948006071 (ebook)

**Category:** Cycling  
**Rights:** World



### The Time-Crunched Cyclist

Chris Carmichael and  
Jim Rutberg

The fastest way to get fit for road racing, century rides, gravel grinders, cyclocross, Gran Fondos, and mountain bike events! Cycling coach Chris Carmichael's innovative, time-saving approach will ready you in just 6 hours a week.

\$21.95 US | \$28.99 CAN  
9781937715502 (paperback)  
9781937716837 (ebook)

**Category:** Cycling  
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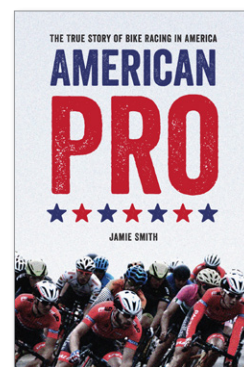
### American Pro

Jamie Smith

Discover the untold story of American bike racing. With every page, you'll be transported into the action-packed world of cycling that exists beyond the glitz and glamour of the professional circuit.

\$18.95 US | \$24.99 CAN  
9781937715762 (paperback)  
9781948006057 (ebook)

**Category:** Cycling  
**Rights:** World



### E-Bike

Martin Haussermann

*E-Bike* is the essential guide to this exciting technology and way of riding. From features, benefits, pros and cons, and the best ways to take advantage of motor-assisted cycling, *E-Bike* shows how to get the best bike for you and how your new e-bike will improve your cycling.

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9781948007146 (paperback)  
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**Category:** Cycling  
**Rights:** World



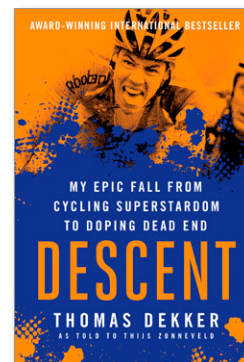
### Descent

Thomas Dekker and  
Thijs Zonneveld

You won't be able to turn away from this page-turning read about one man's rise, fall, and redemption and what his story reveals about professional sports. This is the story of a year-long bender that exposes the brutal truth of his life as a pro cyclist.

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9781937715809 (paperback)  
9781937716967 (ebook)

**Category:** Cycling  
**Rights:** World



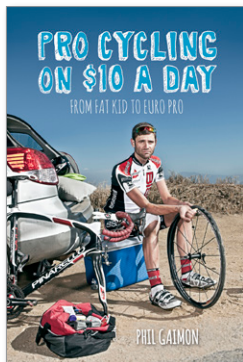
## Pro Cycling on \$10 a Day

Phil Gaimon

Phil Gaimon brings the full powers of his wit to tell his story. A guide—and a warning—to aspiring racers who dream of joining the professional racing circus of the true beauty of the sport.

\$18.95 US | \$24.99 CAN  
9781937715243 (paperback)  
9781937716554 (ebook)

**Category:** Cycling  
**Rights:** World



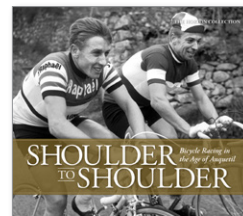
## Shoulder to Shoulder

The Horton Collection

*Shoulder to Shoulder* ushers us into the zenith of cycling superstar Jacques Anquetil's career with a fully restored collection of rare and valuable photographs showcasing the rise of a generation of cycling greats whose gutsy riding and easy style founded the modern era of professional bike racing.

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9781937716721 (ebook)

**Category:** Cycling  
**Rights:** World



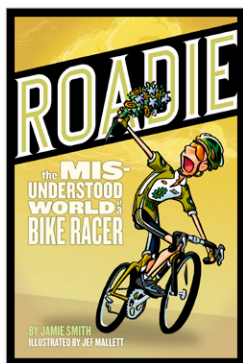
## Roadie

Jamie Smith and Jef Mallett

Whether they are interested onlookers or cycling aficionados, readers will find themselves laughing out loud as veteran race announcer and long-time cycling enthusiast Jamie Smith sets out to explain the sport he loves and the roadies who live for it.

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**Category:** Cycling  
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# TRIATHLON

## Strength Training for Triathletes

Patrick Hagerman

A comprehensive strength-training program for triathlons that will help triathletes of all levels build power, speed, and muscular endurance for faster racing over any race distance!

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**Category:** Triathlon

**Rights:** World



## The Well-Built Triathlete

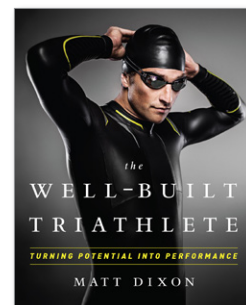
Matt Dixon

Dixon's holistic, whole-body approach to triathlon training will turn age-group triathletes into elite professionals.

\$26.95 US | \$35.95 CAN  
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9781937716578 (ebook)

**Category:** Triathlon

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## Triathlete Guide to Sprint and Olympic Triathlon Racing

Chris Foster and Ryan Bolton

Discover the speed, thrill, and challenge of triathlon's most popular race distances! A complete guide from former pro triathletes sharing all the know-how to find speed and enjoy successful racing in sprint and Olympic-distance triathlons.

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**Category:** Triathlon

**Rights:** World



## The Triathlete's Training Diary

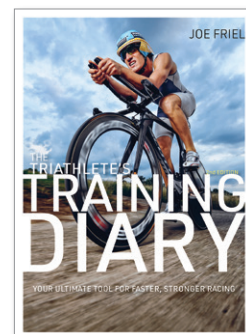
Joe Friel

A perfect companion to any triathlon training program! Keeping a training log formulated by the most trusted coach in the world is an ideal way for you to plan, record, and better understand your workouts and performance.

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**Category:** Triathlon

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## Fast-Track Triathlete

Matt Dixon

Elite triathlon coach Matt Dixon offers his plan of attack for high performance in long-course triathlon—without sacrificing work or life.

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**Category:** Triathlon

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## Triathlon Swimming

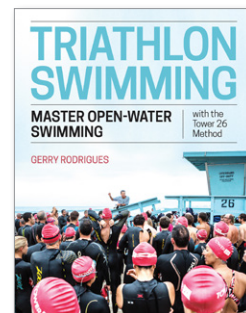
Gerry Rodrigues and Emma-Kate Lidbury

With the rewarding and rigorous Tower 26 program by the world's leading open-water swimming coach Gerry Rodrigues and former pro triathlete Emma-Kate Lidbury, become a master open-water swimmer for faster, fearless racing!

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**Category:** Triathlon

**Rights:** World





## Triathlons for Women

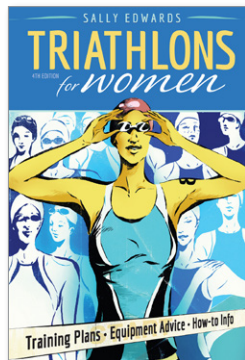
Sally Edwards

Sally has cheered, prodded, and even pushed hundreds of thousands of women across the finish line of their first triathlon. This invaluable guide will guide you from the first day of training to race day, with plenty of encouragement along the way.

\$21.95 US | \$29.95 CAN  
9781934030400 (paperback)

**Category:** Triathlon

**Rights:** World



## Your First Triathlon

Joe Friel

Get you ready for your first sprint or Olympic triathlon feeling strong, confident, and ready for the challenge! *Your First Triathlon* simplifies all the principles of Friel's training approach for newcomers who want a simple, no-nonsense way to train.

\$21.95 US | \$29.95 CAN  
9781934030868 (paperback)  
9781937716134 (ebook)

**Category:** Triathlon

**Rights:** World



## Women Who Tri

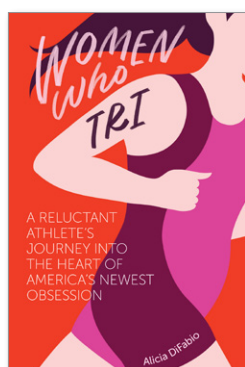
Alicia DiFabio

Enlightening and inspiring to any triathlon enthusiast! Exploring the popularity, psychology, subculture, and transformative power of triathlons among “ordinary” women, DiFabio shares her journey from nervous newcomer to triathlon finisher.

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9781937715588 (paperback)  
9781937716929 (ebook)

**Category:** Triathlon

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# TRAINING & FITNESS

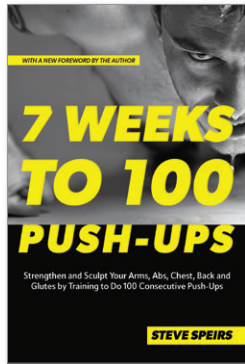
## 7 Weeks to 100 Push-Ups

Steve Speirs

Crank out 100 push-ups! Learn how to successfully boost your upper-body and core strength and build muscle with the exercise program the *New York Times* says, “tests the whole body, engaging muscle groups in the arms, chest, abdomen, hips and legs.”

\$18.95 US | 25.95 CAN  
9781646046089 (paperback)  
9781646046508 (ebook)

**Category:** Training & Fitness  
**Rights:** World



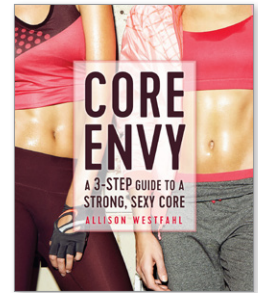
## Core Envy

Allison Westfahl

With a balanced approach that promotes both fitness and weight loss, tone and sculpt your abs, back, stomach, and sides and build a strong, sexy core you'll love showing off—and you won't need a gym to make it happen.

\$18.95 US | \$24.99 CAN  
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9781937716752 (ebook)

**Category:** Training & Fitness  
**Rights:** World



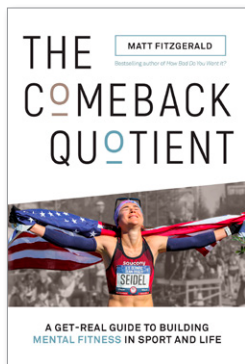
## The Comeback Quotient

Matt Fitzgerald

Sports journalist Matt Fitzgerald shares the stories of top athletic comebacks to give you inspiration and tools for your own comeback in sport or life. Gripping sports stories that will forever change how you perceive the challenges you face.

\$19.95 US | \$25.99 CAN  
9781948007160 (paperback)  
9781948006262 (ebook)

**Category:** Training & Fitness  
**Rights:** World English



## Ride Inside

Joe Friel and Jim Rutberg

A smart guide to getting more fitness from every indoor cycling workout! Get expert guidance from the world's most experienced personal cycling coach, Joe Friel, on the best ways to actually meet your training goals.

\$24.95 US | \$32.99 CAN  
9781948007139 (paperback)  
9781948006231 (ebook)

**Category:** Cycling  
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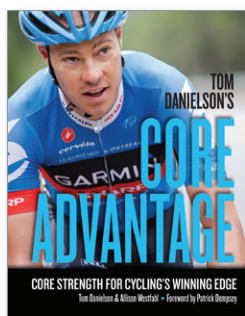
## Tom Danielson's Core Advantage

Tom Danielson and Allison Westfahl

A simple, highly effective core strength program for cyclists, with 50 essential core workout exercises that will build strength and endurance in the key core muscles—no gym membership required.

\$18.95 US | \$24.99 CAN  
9781934030974 (paperback)  
9781937716295 (ebook)

**Category:** Training & Fitness  
**Rights:** World



## Everyday Yoga

Sage Rountree

America's leading expert on yoga for active people, Sage Rountree, shares her approach to practicing yoga every day in this guide to yoga poses and routines. By sequencing several routines together, readers can build stronger, more flexible, injury-resistant bodies.

\$21.95 US | \$28.99 CAN  
9781937715359 (paperback)  
9781937716653 (ebook)

**Category:** Training & Fitness  
**Rights:** World



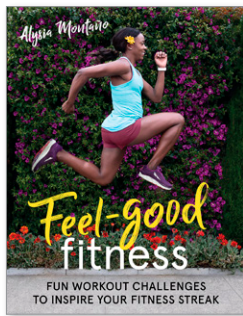
## Feel-Good Fitness

Alysia Montaño

Pro runner and Olympic athlete Alysia Montaño offers a year of fun and fresh fitness challenges that will build your strength and endurance. With Alysia's practical workout program, you can get fit in 30 to 60 minutes a day while tackling achievable fitness challenges.

\$24.95 US | \$32.99 CAN  
9781948007030 (paperback)  
9781948006194 (ebook)

**Category:** Training & Fitness  
**Rights:** World



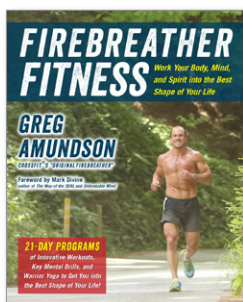
## Firebreather Fitness

Greg Amundson with T. J. Murphy

Forge a powerful new path to fitness and health with Greg Amundson's *Firebreather Fitness* program and get into the best shape of your life physically, mentally, and spiritually.

\$21.95 US | \$29.95 CAN  
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**Category:** Sports & Recreation  
**Rights:** World



## Hit Reset

Erin Taylor

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\$21.95 US | \$28.99 CAN  
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**Category:** Training & Fitness  
**Rights:** World



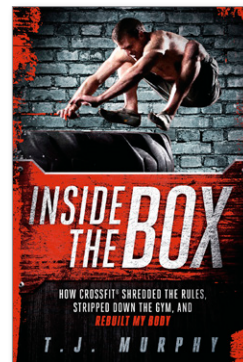
## Inside the Box

T. J. Murphy

Desperate to reclaim your fitness and strength through the gritty, high-intensity sport of CrossFit®? From staggering newcomer to evangelist, veteran journalist, and marathoner T. J. Murphy in his CrossFit journey finds out how it feels, why it's so popular, and whether it can fix his broken body.

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**Category:** Training & Fitness  
**Rights:** World



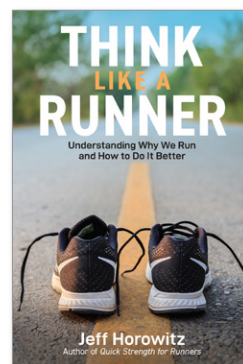
## Think Like a Runner

Jeff Horowitz

Discover exactly what it is that makes you a runner, and improve your running technique with this practical guide packed with friendly advice, anecdotes, tips, and more.

\$19.95 US | \$24.95 CAN  
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9781646047123 (ebook)

**Category:** Sports & Recreation  
**Rights:** World



## Training and Racing with a Power Meter

Andrew R. Coggan, Stephen McGregor, and Hunter Allen

The definitive, comprehensive guide to using a power meter. Armed with the revolutionary techniques from this guide, cyclists and triathletes can achieve lasting improvements for their best performances ever.

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9781948006101 (ebook)

**Category:** Training & Fitness  
**Rights:** World





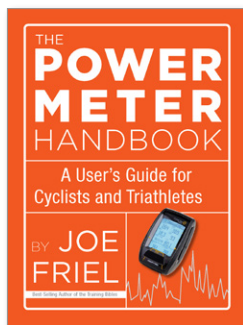
## The Power Meter Handbook

Joe Friel

A simple user's guide for cyclists and triathletes to use a power meter for big performance gains. The most trusted coach in endurance sports makes understanding a power meter easy, no advanced degrees or tech savvy required.

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**Category:** Training & Fitness  
**Rights:** World



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Erin Taylor

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**Category:** Training & Fitness  
**Rights:** World



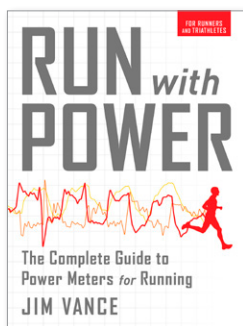
## Run with Power

Jim Vance

The groundbreaking guide you need to tap the true potential of your running power meter! Armed with Vance's guidance, you will know what your key numbers mean for your workouts, races, and season-long training, and when to open the throttle and create an unprecedented picture of yourself as an athlete.

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**Category:** Training & Fitness  
**Rights:** World



## Ageless Strength

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Build sustainable fitness for a lifetime of active pursuits! With just two 30-minute sessions a week, *Ageless Strength* offers a simple, effective way to get strong and fit for a lifetime of active pursuits.

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9781937715717 (paperback)  
9781937716899 (ebook)

**Category:** Training & Fitness  
**Rights:** World



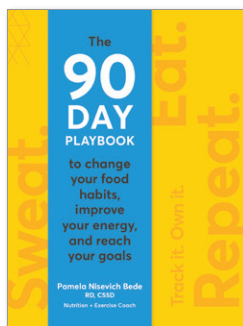
## Sweat. Eat. Repeat.

Nisevich Bede

Whether you struggle losing those last few pounds or you hit the wall when you go long, changing how you think about food can make all the difference. Bede will lead you to a more mindful, positive relationship with food that will better support you in your sports, at the gym, and in your everyday life.

\$21.95 US | \$28.99 CAN  
9781948007009 (hardcover)

**Category:** Training & Fitness  
**Rights:** World



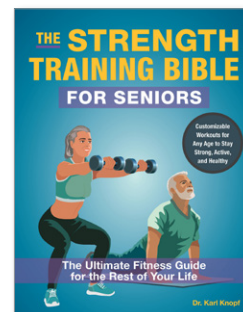
## The Strength Training Bible for Seniors

Dr. Karl Knopf

Stay strong. Stay active. Stay healthy. “It’s never too late to lift weights: Older bodies can still build muscle” (*Washington Post*). *The Strength Training Bible for Seniors* is the only book you need to be fit and feel young in your fifties and beyond.

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9781646047475 (print)  
9781646047482 (ebook)

**Category:** Sports & Recreation  
**Rights:** World





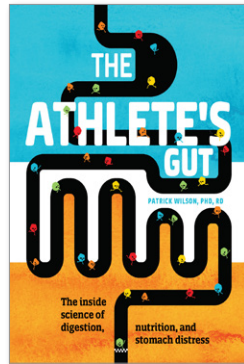
## The Athlete's Gut

Patrick Wilson

Are gut problems holding you back from reaching your true potential? Look no further. *The Athlete's Gut* is your comprehensive roadmap to conquering digestive challenges and reclaiming your performance edge.

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9781948006217 (ebook)

**Category:** Health & Nutrition  
**Rights:** World



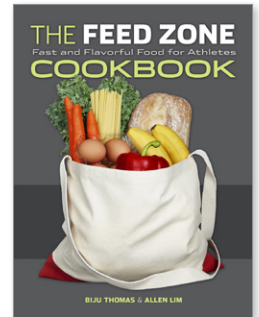
## The Feed Zone Cookbook

Allen Lim and Biju Thomas

*The Feed Zone Cookbook* provides 150 simple, delicious recipes that even the busiest athletes can prepare in less time than it takes to warm up for a workout.

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9781934030769 (hardcover)  
9781937716431 (ebook)

**Category:** Health & Nutrition  
**Rights:** World



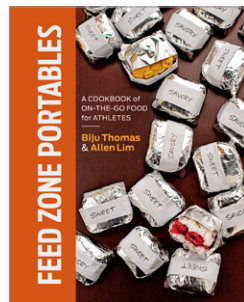
## Feed Zone Portables

Allen Lim and Biju Thomas

*Feed Zone Portables* offers 75 all-new, easy, healthy recipes for portable snacks that taste great during exercise. With the recipes, ideas, and guidance, athletes will nourish better performance with real food and learn to prepare their own creations at home or on the go.

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9781937715007 (hardcover)  
9781937716349 (ebook)

**Category:** Health & Nutrition  
**Rights:** World



## Racing Weight Cookbook

Matt Fitzgerald and Georgie Fear

As an athlete, take control of your diet and put high-quality, well-balanced meals on your table in as little as 15 minutes with 100 flavorful, easy recipes that will help you hit your ideal weight without compromising your performance.

\$26.95 US | \$35.95 CAN  
9781937715151 (paperback)  
9781937716523 (ebook)

**Category:** Health & Nutrition  
**Rights:** World English



## Feed Zone Table

Allen Lim and Biju Thomas

Enjoying dinnertime and eating well will nourish you, your family and friends—and your sports performance. Science shows it's not just what we eat that matters; eating together matters, too. Chef Biju Thomas and Dr. Allen Lim offer over 100 all-new recipes to bring friends and family to the table in a way that nourishes life and sport.

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9781937715403 (hardcover)  
9781937716707 (ebook)

**Category:** Health & Nutrition  
**Rights:** World



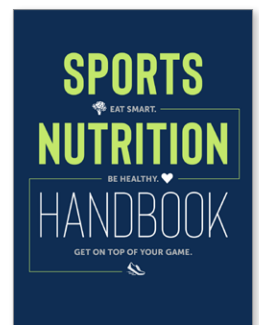
## Sports Nutrition Handbook

Justyna Mizera and Krzysztof Mizera

Answers to all your sports nutrition questions are easy to find, simple to grasp, and actionable with the *Sports Nutrition Handbook*, making fueling and daily diet easily understandable to athletes across a wide range of sports.

\$18.95 US | \$24.99 CAN  
9781937715977 (paperback)  
9781948006132 (ebook)

**Category:** Health & Nutrition  
**Rights:** World



## Fit & Healthy Pregnancy

Kristina Pinto and Rachel Kramer

Helping new mothers experience an easier, healthier pregnancy and a faster return to fitness after delivery! Pinto and Kramer offer smart guidance and tips on breastfeeding, sleep training, nutrition and hydration, weight loss, and how to transition back into workouts and training.

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9781937716363 (paperback)  
9781937716363 (ebook)

**Category:** Health & Nutrition  
**Rights:** World



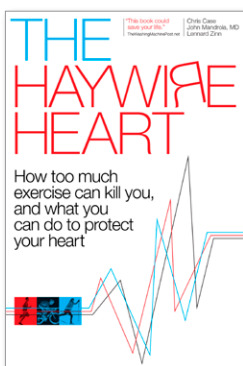
## The Haywire Heart

Christopher J. Case, Dr. John Mandrola, and Lennard Zinn

A groundbreaking and critically important guide to heart care for athletes! You'll find what to watch out for, what to do, and how to protect your heart so you can enjoy the sports you love for years to come.

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9781937715885 (paperback)  
9781937716875 (ebook)

**Category:** Health & Nutrition  
**Rights:** World



## Rocket Fuel

Matthew Kadey

Award-winning dietitian Matt Kadey offers up delicious, creative, and convenient real-food recipes to power your everyday exercise and weekend adventures. You'll enjoy a huge variety of flavors and a healthier, more nutritious performance fuel that's free of artificial stuff and high price tags.

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9781937715465 (paperback)  
9781937716790 (ebook)

**Category:** Health & Nutrition  
**Rights:** World



## Sport Smoothies

Fern Green

With *Sport Smoothies*, more than 60 fully illustrated smoothie recipes for before and after workouts, for building muscle, and for carb-loading, athletes can now choose the smoothie that best fuels the workout goals of each day—or just pick the flavors they're in the mood for.

\$15.95 US | \$20.99 CAN  
9781937715991 (paperback)  
9781948006156 (ebook)

**Category:** Health & Nutrition  
**Rights:** US, Canada



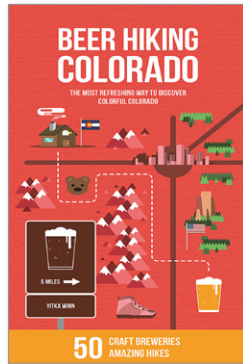
**Beer Hiking Colorado**

Yitka Winn

Calling all adventurers and beer enthusiasts! Are you ready to embark on a journey that blends the beauty of Colorado's trails with the craft beer culture that defines the state? *Beer Hiking Colorado* is your passport to unforgettable outdoor escapades and flavorful brew discoveries.

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9781948007153 (paperback)

**Category:** Adventure & Lifestyle  
**Rights:** World English



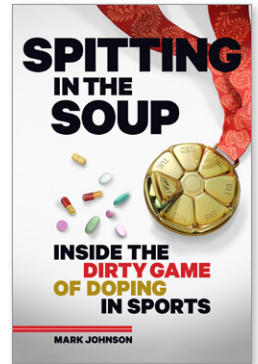
**Spitting in the Soup**

Mark Johnson

Drugs in sports are old. It's banning drugs in sports that is new. Sports journalist Mark Johnson gives a biting honest, clear-eyed look at why that's so, and what it will take to kick pills out of the locker room once and for all.

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**Category:** Adventure & Lifestyle  
**Rights:** World



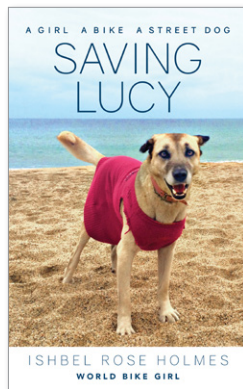
**Saving Lucy**

Ishbel Rose Holmes

A true and inspiring story of two creatures in need of healing and rescue who find home in each other. When Holmes set out to bicycle across the world, she crossed paths with a street dog that changed her life forever.

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9781937715854 (paperback)  
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**Category:** Adventure & Lifestyle  
**Rights:** World



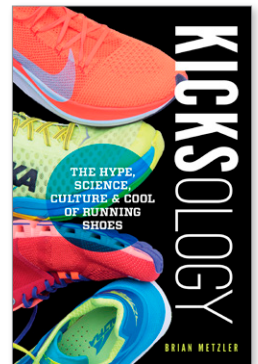
**Kicksology**

Brian Metzler

A fascinating look at the intersections of shoe culture and history, science and storytelling. With intel from the innovators and on-the-ground insight from top runners, this is your all-access pass into the world of running shoes and what makes up a perfect pair of kicks.

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9781937715915 (paperback)  
9781948006088 (ebook)

**Category:** Adventure & Lifestyle  
**Rights:** World



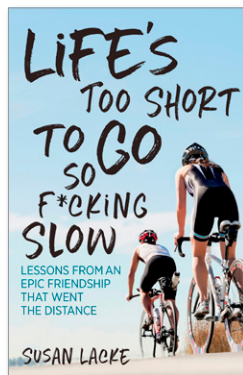
**Life's Too Short to Go So F\*cking Slow**

Susan Lacke

A journey that reveals the inspiring power of sports and friendship to change lives forever! With the trash-talking workouts, breakdowns, and a devastating diagnosis, this heartwarming story of training buddies reveals a deep and abiding friendship that traversed life, sport, and everything in between.

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**Category:** Adventure & Lifestyle  
**Rights:** World



**Outlandish**

Morgan Sjogren

An exhilarating guide that will stoke your desire for adventure while offering tools, tips, and tricks that can help you launch your epic road trip. You can seek out your own adventures fueled by Sjogren's inspiring outdoor lifestyle as well as her favorite burritos, dandelion salads, campfire blondies, and prickly pear margaritas.

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**Category:** Adventure & Lifestyle  
**Rights:** World



## Perfect Balance

Julia Konner, MPH, CHES

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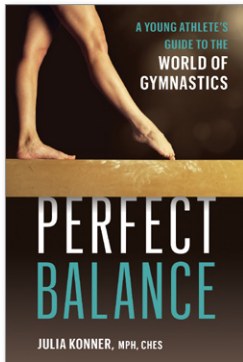
9781646046980 (paperback)

9781646046997 (ebook)

**Category:** Adventure & Lifestyle

**Rights:** World

Become a stronger, more informed gymnast with this practical guide for young athletes, filled with unique insights, advice, tips, strategies and more intended for young gymnasts who want to feel heard and understood in one of the toughest, most competitive sports.



## Let the Big Dog Eat

Aaron Brogan

Take your best shot at improving your golf game with this humorous yet practical guide for players of all skill levels.

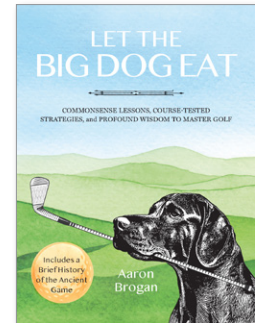
\$19.95 US | \$24.95 CAN

9781646047420 (print)

9781646047437 (ebook)

**Category:** Sports & Recreation

**Rights:** World



## Golf Bucket List

Jeff Thoreson

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9781646047017 (ebook)

**Category:** Adventure & Lifestyle

**Rights:** World

Experience the glorious game of golf in a whole new way with this ultimate bucket list that spans the globe, for everyone who lives for their nine iron to the fan who loves watching The Masters played on TV.





**Believe Logbook (Red Edition)**

Lauren Fleshman and Roisin McGettigan-Dumas

Discover the power of focus, planning, and recording like never before with the *Believe Logbook*. This minimalist workout diary, the perfect tool to prepare for a specific race or event that is 3 to 6 months away, is your ultimate tool for transforming your running routine into a triumph.

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9781948007092 (paperback)

**Category:** Running  
**Rights:** World



**COMPETE Training Journal (Tangerine Edition)**

Lauren Fleshman and Roisin McGettigan-Dumas

Whether your next race is a 5K or an ultramarathon, the *Compete Training Journal* will transform your approach to competing and make sure that race day brings out the best in you.

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9781948007085 (paperback)

**Category:** Training  
**Rights:** World



**Believe Training Journal (Bright Teal Edition)**

Lauren Fleshman and Roisin McGettigan-Dumas

Step into a world where self-belief is the cornerstone of your running journey. This journal is more than a training companion—it's a blueprint for becoming the runner you've always aspired to be.

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9781937715892 (paperback)

**Category:** Running  
**Rights:** World



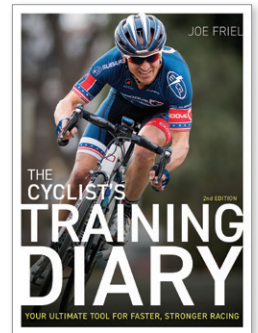
**The Cyclist's Training Diary**

Joe Friel

Look up past workouts or settle your pre-race nerves by proving to yourself that you've done the work. This diary simplifies the planning and execution of your training for all cycling events: road racing, criteriums, time trials, century rides, charity rides, Gran Fondos, enduro, gravel grinders, and cyclocross.

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9781937715830 (spiral paperback)

**Category:** Cycling  
**Rights:** World



**Believe Training Journal (10th Anniversary Revised Edition)**

Lauren Fleshman and Roisin McGettigan-Dumas

Celebrate 10 years of running with *Believe Training Journal*, the most comprehensive training journal from professional runners, now fully updated with the latest trends, training programs, and more.

\$26.95 US | \$32.95 CAN  
9781646047406 (print)

**Category:** Sports & Recreation  
**Rights:** World

