



Aerobic Training for Weightlifters

Richard Schuller

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Aerobic training has unique health benefits for all athletes regardless of their sport. These benefits include slowing the aging process, prevention of chronic illness, enhancing brain health, and reducing the chances for stroke or heart attack. Recent data published by the American Medical Association also indicate that aerobic training appears to reduce the risk of some types of cancer. Typically weightlifters do only resistance training, and are reluctant to do aerobic work because it is seen as diminishing either strength, muscle mass, or both. This book is designed to give these athletes options that won't interfere with their primary training. The author has the unusual experience of having competed at a very high level both as a powerlifter and a runner (not at the same time). The book is based both on the authors personal experience as well as extensive research. The objective of the book is to help athletes who are primarily weight lifters to get the maximal benefits of aerobic training with minimal disruption of their resistance training. Four different approaches are included in the book: jogging, interval training, interval training with weights, and body weight exercises. There are multiple programs to chose from in each area. The interval routines can be used with running, swimming, cycling, rowing or other gym aerobic equipment.

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