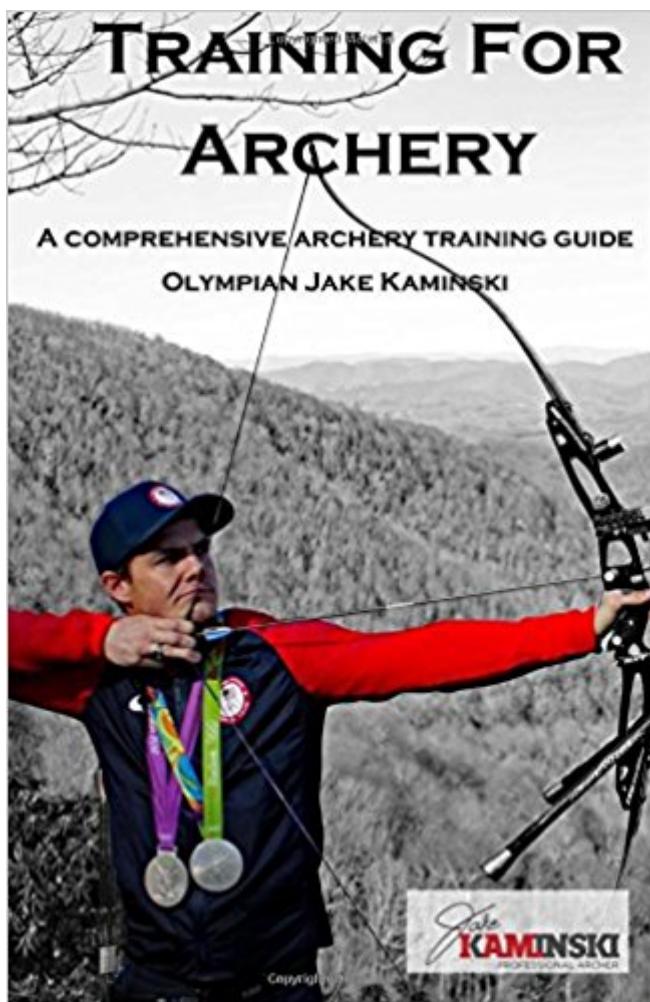


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# Training For Archery: A Comprehensive Archery Training Guide With Olympian Jake Kaminski



## Synopsis

Drawing on 22 years' experience and expertise as an archer, two-time Olympic silver medalist Jake Kaminski has developed training plans for archers of all ages and skill levels and shares those exact plans and methods in this book. How many arrows to shoot  
Training schedules  
Strength and conditioning  
Foods that fuel archery  
Recovery and sustainability

## Book Information

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Best Sellers Rank: #641,388 in Books (See Top 100 in Books) #102 in Books > Sports & Outdoors > Individual Sports > Archery

## Customer Reviews

The authors used their combined expertise and created a well-organized applicable training guide chock-full of wisdom on body health and performance in the sport of archery. As a coach I will use Training for Archery as a resource to facilitate archers looking to become more self-reliant. Fueling the body with good food choices, strength training, a dynamic warmup, self-care, and shooting with intention are all necessary proactive ways archers can reach their potential. The authors write with honesty and stress the importance for archers to think and act like athletes, plus their guide shows archers HOW to accomplish this. After reading this book, coaches and archers will have more tools in their toolbox and confidence in their craft. Archers of every skill level who use this training guide will increase their power to "Trust Their Training" and strengthen their mental game. If you are an archer looking to reach that next level of performance or for that push to get you through a challenge, buy this book. ~ Mindset Mentor

Anyone wanting to take their archery seriously needs to read this book. Jake spells out in detail how to TRAIN for the sport, something very few coaches and top archers know how to do, giving you an

instant advantage. This book is an easy read for all levels, includes pictures, and provides a complete picture (warmup, periodization, nutrition, and even recovery). It will help you train smarter, instead of just harder. I've utilized many of the "secrets" contained in this book, which is how I was able to climb the compound ranks as quickly as I was. You could pay a coach hundreds of dollars and hope to gain half the knowledge contained in this book, or just make a one time purchase and add this book to your reference library. I guarantee you won't be disappointed if you choose to buy this book!

I really like it. It contains everything that you need to know about the archery preparation and a bit more. It's quite surprising that Jake compressed it all in 100 pages but that's probably a reason why I like it so much. Just how and why make it easy to read and follow. Big plus it that there are some kinezytaping applications and full diet. Thanks Jake

Training for Archery by Heather & Jake Kaminski offers a wealth of information researched & formulated over numerous years which has led to Jakes' achievement as a two time silver Olympian. Heather is an author, dedicated athlete, massage therapist, & trained in kinesiology tapping. Heather & Jake are both very educated in nutrition & overall physical fitness. Heather & Jake layout an archery training plan within an easy to read, well documented book. Make no mistake, this book is not intended to teach an archer to shoot but more specifically how an archer can layout a training plan to be a more effective athlete by becoming more physically fit head to toe, train mentally, & understand more about proper nutrition for the optimum health. This book will be a benefit for archers of various skills levels who are seeking to improve themselves via training to become the best archer they can be.

A must have book for any archer to prevent injury and not just win but dominate the sport! Thank you for the shared knowledge Jake and Heather Kaminski. E. Benedetto

This is quite a good book about training for competitive archery. The book is detailed and seems easy to follow. I recommend it. I think both recurve and compound shooters will benefit.

This thin paperback is little more than a record of Kaminsky's training program and diet.

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Training for Archery: A comprehensive archery training guide with Olympian Jake Kaminski Puppy

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