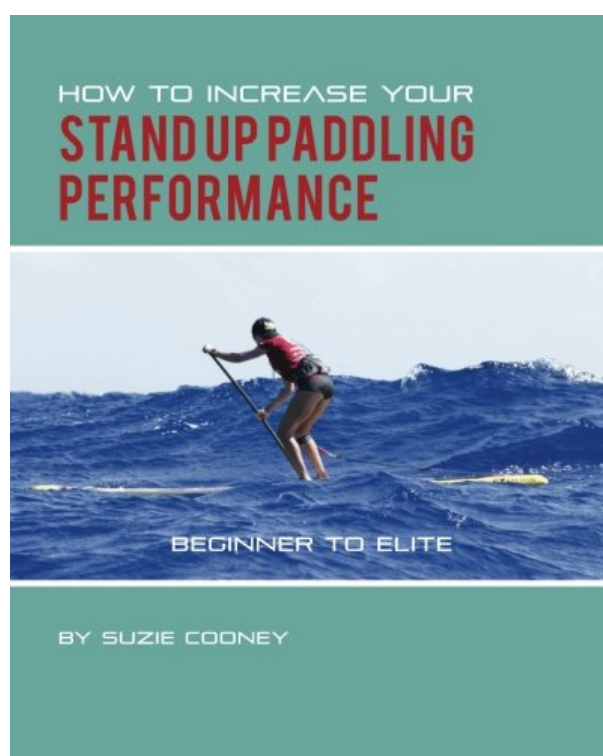


# HOW TO INCREASE YOUR STAND UP PADDLING PERFORMANCE BY SUZIE COONEY



**DOWNLOAD EBOOK : HOW TO INCREASE YOUR STAND UP PADDLING  
PERFORMANCE BY SUZIE COONEY PDF**



HOW TO INCREASE YOUR  
**STAND UP PADDLING  
PERFORMANCE**



BEGINNER TO ELITE

BY SUZIE COONEY

Click link bellow and free register to download ebook:  
**HOW TO INCREASE YOUR STAND UP PADDLING PERFORMANCE BY SUZIE COONEY**

[DOWNLOAD FROM OUR ONLINE LIBRARY](#)

# HOW TO INCREASE YOUR STAND UP PADDLING PERFORMANCE BY SUZIE COONEY PDF

You could carefully include the soft file **How To Increase Your Stand Up Paddling Performance By Suzie Cooney** to the gadget or every computer hardware in your office or home. It will certainly help you to constantly proceed reading How To Increase Your Stand Up Paddling Performance By Suzie Cooney each time you have spare time. This is why, reading this How To Increase Your Stand Up Paddling Performance By Suzie Cooney doesn't offer you issues. It will provide you important sources for you who wish to start writing, blogging about the comparable publication How To Increase Your Stand Up Paddling Performance By Suzie Cooney are various book industry.

## About the Author

Suzie Cooney • Personal Trainer • Professional Ocean SUP Athlete • Spokesperson • Sup Coach • SUP Event Director • Lifestyle & Sports Model Suzie Cooney is a known as one of the early female pioneers in stand up paddling. She is a global figure and fitness authority for the sport of stand up paddling since it's early development in 2008 and has been writing articles for books, magazines and continues to share on her personal blog. With various notable accomplishments in her career the most notable on how she became so passionate about SUP is when after she had an unusual accident in April of 2009, during which she broke her left leg and ankle and right ankle, leaving her in a wheelchair for over two months and on crutches for two more; she discovered stand up paddling was the best form of personal rehab. Her mission became to tell world to not to give up and STAND UP. She created the world's first largest SUP event "STAND UP For Women's Health & Fitness," in January 2010, along with the Four Seasons; which attracted over 430 women from around the world. From there she became ATHLETA's first SUP ambassador, is OluKai's Premium Footwear Annual Spokesperson for the Downwind Race Ho'olaule'a, Nominee for SUP Female Paddler of the year since 2012, and is also known for her passion of coaching and preparing new paddlers for downwinders on Maliko. With a background in orthopedics sports medicine and surgery of 7 years, as a trainer for 13 years, she is able to fine-tune her clients on and off the water. She feels her client's body mechanics and power is as equally important as is the board under their feet. SUP notes: •Maui to Molokai 2015, solo 27 miles •OluKai Downwind Race 2015, 1st Place Divisional •Molokai 2 Oahu SUP Channel Crossing 2014, 32 miles 5th in Relay Division •Maui Paddleboard Championships 2013 2nd, 14ft Age Division •OluKai Hololaule'a 2011 1st place 14ft Age Division •May 2011: First Place in Age Division OluKai Ho'olaulea Maliko SUP Race: •July 2011: Naish International Championships Maliko SUP Race: 6th place in age division. •Created World's First & Largest International SUP Event in January 2010 with Four Seasons Maui: See News Coverage & Video •OluKai Ho'olaule'a 2010 , 3rd place 14ft Age Division •ATHLETA First Featured SUP Athlete 2010 Downwind paddling is definitely her passion and focus on Maui while she also loves to paddle surf. To learn more about Suzie Cooney you can visit her website at [SuzieTrainsMaui.com](http://SuzieTrainsMaui.com)

# HOW TO INCREASE YOUR STAND UP PADDLING PERFORMANCE BY SUZIE COONEY PDF

[Download: HOW TO INCREASE YOUR STAND UP PADDLING PERFORMANCE BY SUZIE COONEY PDF](#)

**How To Increase Your Stand Up Paddling Performance By Suzie Cooney.** Learning to have reading habit is like learning how to attempt for eating something that you actually do not desire. It will certainly require more times to aid. Furthermore, it will also bit make to offer the food to your mouth and also ingest it. Well, as reading a publication *How To Increase Your Stand Up Paddling Performance By Suzie Cooney*, occasionally, if you need to review something for your new jobs, you will certainly feel so woozy of it. Even it is a book like *How To Increase Your Stand Up Paddling Performance By Suzie Cooney*; it will make you really feel so bad.

Yet below, we will reveal you unbelievable thing to be able always check out guide *How To Increase Your Stand Up Paddling Performance By Suzie Cooney* anywhere and also whenever you happen and time. Guide *How To Increase Your Stand Up Paddling Performance By Suzie Cooney* by simply could help you to realize having the book to review every single time. It won't obligate you to always bring the thick publication anywhere you go. You can just maintain them on the device or on soft documents in your computer system to always check out the room during that time.

Yeah, hanging around to check out guide *How To Increase Your Stand Up Paddling Performance By Suzie Cooney* by online could likewise offer you good session. It will ease to stay connected in whatever problem. By doing this could be a lot more fascinating to do and also simpler to read. Now, to obtain this *How To Increase Your Stand Up Paddling Performance By Suzie Cooney*, you could download and install in the web link that we supply. It will certainly aid you to obtain easy means to download and install the e-book [How To Increase Your Stand Up Paddling Performance By Suzie Cooney](#).

# **HOW TO INCREASE YOUR STAND UP PADDLING PERFORMANCE BY SUZIE COONEY PDF**

This incredibly valuable book on stand up paddling performance is the next best thing to having Suzie there next to you on the water and on land, training and coaching you. You might not be able to get to Maui, but Suzie Trains Maui can now come to you! Take advantage of these jewels NOW before your next race. Immediately you'll discover how to: • dominate with more paddle power • become faster off the start • build more body and water confidence • increase your mental game • choose the right fuel for training and race day • develop your very own SUP program • improve your balance • download a FREE SUP Training Log

There are hundreds of step-by-step photographs showing exactly how to increase your SUP performance. Improving your cardio capacity and endurance, learning how to develop better balance and faster reaction times for changing conditions, breaking waves or tight buoy turns; are just some of the many ways she will help you increase your paddle board performance. The book you've been waiting for from Maui's elite SUP ocean trainer, athlete and globally known ambassador of the sport, Suzie Cooney, is finally here. Current world SUP champion, Annabel Anderson writes, "Suzie is not only a trainer and athlete, but an 'athlete of life'. Suzie brings a compliment of skills to any situation that are garnered from the school of hard knocks to help harness a person's athletic and personal potential. While you may see a strong, aesthetically beautiful woman from the outside, it's her life experience that has honed her steely resolve, tenacity, resilience, knowledge and power to overcome the unthinkable. When you read this book, you're tapping into this bank of knowledge to emerge with an arsenal of tools to help you go forward." There is no other book like this and her exercises and approach to increasing one's paddling strength and performance works. You'll be strong with the right amount of lean muscle for endurance but you'll also have the muscle strength for explosive paddling power. You'll also receive a FREE downloadable SUP Training Log that will help you chart and map your goals to success. Learn how to keep your head in the game and become more mentally tough, fierce and smart for some of your toughest races or new SUP challenges. Suzie writes, "Mental discipline and training your brain for paddling excellence has nothing to do with willpower and everything to do with believing you can achieve your goal." She also adds, "Whether you're new to the sport of stand up paddling or preparing for an exciting Maui Maliko downwinder or a sprint race, having upper body paddling strength and endurance is critical to your success and enjoyment of the sport. I want you to have the ammunition and extreme body confidence you need to help you pass a competitor, make every wave, and dominate." Because you are unique and so is your current level of fitness, you will learn how to develop your own training program that you can design to best fit your fitness paddling needs. This book will also educate you and help you make the best nutrition decisions for training up to the week before and on race day. The more you know why your body needs certain types of food for fuel to help you faster to the finish line, or just to help you finish a grueling race; the better prepared you'll be and the better outcome you'll have in your overall SUP training and performance. Suzie trains people and athletes from around the world via SKYPE and some are lucky enough to come and paddle and train with her on Maui. Maybe one day that will be you, but for now take this book with you to the beach, to the gym and to the water's edge and watch your SUP performance soar.

- Sales Rank: #335058 in Books
- Published on: 2015-09-03
- Original language: English

- Dimensions: 10.00" h x .84" w x 8.00" l,
- Binding: Paperback
- 356 pages

#### About the Author

Suzie Cooney • Personal Trainer • Professional Ocean SUP Athlete • Spokesperson • Sup Coach • SUP Event Director • Lifestyle & Sports Model Suzie Cooney is known as one of the early female pioneers in stand up paddling. She is a global figure and fitness authority for the sport of stand up paddling since its early development in 2008 and has been writing articles for books, magazines and continues to share on her personal blog. With various notable accomplishments in her career the most notable on how she became so passionate about SUP is when after she had an unusual accident in April of 2009, during which she broke her left leg and ankle and right ankle, leaving her in a wheelchair for over two months and on crutches for two more; she discovered stand up paddling was the best form of personal rehab. Her mission became to tell world to not to give up and STAND UP. She created the world's first largest SUP event "STAND UP For Women's Health & Fitness," in January 2010, along with the Four Seasons; which attracted over 430 women from around the world. From there she became ATHLETA's first SUP ambassador, is OluKai's Premium Footwear Annual Spokesperson for the Downwind Race Ho'olaule'a, Nominee for SUP Female Paddler of the year since 2012, and is also known for her passion of coaching and preparing new paddlers for downwinders on Maliko. With a background in orthopedics sports medicine and surgery of 7 years, as a trainer for 13 years, she is able to fine-tune her clients on and off the water. She feels her client's body mechanics and power is as equally important as is the board under their feet. SUP notes: •Maui to Molokai 2015, solo 27 miles •OluKai Downwind Race 2015, 1st Place Divisional •Molokai 2 Oahu SUP Channel Crossing 2014, 32 miles 5th in Relay Division •Maui Paddleboard Championships 2013 2nd, 14ft Age Division •OluKai Hololaule'a 2011 1st place 14ft Age Division •May 2011: First Place in Age Division Olukai Ho'olaulea Maliko SUP Race: •July 2011: Naish International Championships Maliko SUP Race: 6th place in age division. •Created World's First & Largest International SUP Event in January 2010 with Four Seasons Maui: See News Coverage & Video •OluKai Ho'olaule'a 2010 , 3rd place 14ft Age Division •ATHLETA First Featured SUP Athlete 2010 Downwind paddling is definitely her passion and focus on Maui while she also loves to paddle surf. To learn more about Suzie Cooney you can visit her website at [SuzieTrainsMaui.com](http://SuzieTrainsMaui.com)

#### Most helpful customer reviews

2 of 2 people found the following review helpful.

like crossing the Pailolo Channel over to Molokai or paddling ...

By Nightdriver

I just got a copy of Suzie Cooney's new book, "How to Increase Your Standup Paddling Performance, Beginner to Elite". Suzie is the real deal, she runs a personal training business on Maui and trains all kinds of people, from those that are just trying to get more fit to hard core, elite paddle athletes. In her spare time, you'll probably find her paddling Maliko, surfing and doing the occasional little paddle, like crossing the Pailolo Channel over to Molokai or paddling Molokai to Oahu. When she's not doing those kinds of adventures, she's giving back in a wide variety of ways. Her beginner fun paddle and casual 'race' during the Olukai weekend are just a couple of examples. Anyway, if you are interested in fitness and, specifically, how to up your game on the standup board, you couldn't ask for a better authority than Suzie to write a book like this.

This is the kind of book you want to keep around for a reference. I would call it a SUP foundation-training bible. So much is covered in this book, it is extremely comprehensive while staying truly substantive. If you are into Standup and want to learn more or you are a seasoned competitor, this is one of those must-have books you'll want in your library. Anyone that wants a total training reference for the sport of stand up

paddling should check it out.

2 of 2 people found the following review helpful.

this is THE BEST comprehensive SUP training guide available for anyone interested in ...

By Sasha's A.

Without a doubt, this is THE BEST comprehensive SUP training guide available for anyone interested in improving paddling performance. Packed with valuable information, inspiration, and beautiful color photos, this beautifully designed book provides simple and fun ways for any level of paddler to train on and off the water. Like having a world class coach by your side, Suzie inspires the reader with practical tips and expertise based upon years of training novice paddlers and professionals. The book is sprinkled with personal experience and stories straight from the beaches of Maui, that inspire and educate the reader. After years of paddling, I was especially impressed with Chapter 7, "The Mental Part." Suzie provides concrete tools and techniques to thrive in the very specific mental aspects of paddling and conquering the most formidable ocean challenges.

2 of 2 people found the following review helpful.

Suzie's web site has always had great info on taking your paddling to the next level

By Lisa S.

This book is long overdue! This is the first publication I've seen that brings together all of the key elements of standup paddle board racing, training, nutrition and gear overview in one place. What makes this book truly stand out is that is written in a way that will appeal to both the beginning paddle boarder who wants to try SUP racing as well as the experienced one. Suzie's web site has always had great info on taking your paddling to the next level, but to have it all in one place is awesome. While the information is extremely useful, the presentation and the way the book is organized and laid out makes it extremely accessible and user-friendly. This is destined to be the SUP training bible.

See all 34 customer reviews...

# HOW TO INCREASE YOUR STAND UP PADDLING PERFORMANCE BY SUZIE COONEY PDF

The e-books How To Increase Your Stand Up Paddling Performance By Suzie Cooney, from easy to complicated one will be a very helpful works that you can require to change your life. It will certainly not provide you negative declaration unless you don't obtain the meaning. This is surely to do in reviewing a publication to get over the definition. Frequently, this e-book qualified How To Increase Your Stand Up Paddling Performance By Suzie Cooney is read considering that you truly such as this sort of publication. So, you can get easier to understand the perception and meaning. Again to always keep in mind is by reviewing this book **How To Increase Your Stand Up Paddling Performance By Suzie Cooney**, you can satisfy hat your inquisitiveness beginning by completing this reading publication.

## About the Author

Suzie Cooney • Personal Trainer • Professional Ocean SUP Athlete • Spokesperson • Sup Coach • SUP Event Director • Lifestyle & Sports Model Suzie Cooney is a known as one of the early female pioneers in stand up paddling. She is a global figure and fitness authority for the sport of stand up paddling since it's early development in 2008 and has been writing articles for books, magazines and continues to share on her personal blog. With various notable accomplishments in her career the most notable on how she became so passionate about SUP is when after she had an unusual accident in April of 2009, during which she broke her left leg and ankle and right ankle, leaving her in a wheelchair for over two months and on crutches for two more; she discovered stand up paddling was the best form of personal rehab. Her mission became to tell world to not to give up and STAND UP. She created the world's first largest SUP event "STAND UP For Women's Health & Fitness," in January 2010, along with the Four Seasons; which attracted over 430 women from around the world. From there she became ATHLETA's first SUP ambassador, is OluKai's Premium Footwear Annual Spokesperson for the Downwind Race Ho'olaule'a, Nominee for SUP Female Paddler of the year since 2012, and is also known for her passion of coaching and preparing new paddlers for downwinders on Maliko. With a background in orthopedics sports medicine and surgery of 7 years, as a trainer for 13 years, she is able to fine-tune her clients on and off the water. She feels her client's body mechanics and power is as equally important as is the board under their feet. SUP notes: •Maui to Molokai 2015, solo 27 miles •OluKai Downwind Race 2015, 1st Place Divisional •Molokai 2 Oahu SUP Channel Crossing 2014, 32 miles 5th in Relay Division •Maui Paddleboard Championships 2013 2nd, 14ft Age Division •OluKai Hololaule'a 2011 1st place 14ft Age Division •May 2011: First Place in Age Division OluKai Ho'olaulea Maliko SUP Race: •July 2011: Naish International Championships Maliko SUP Race: 6th place in age division. •Created World's First & Largest International SUP Event in January 2010 with Four Seasons Maui: See News Coverage & Video •OluKai Ho'olaule'a 2010 , 3rd place 14ft Age Division •ATHLETA First Featured SUP Athlete 2010 Downwind paddling is definitely her passion and focus on Maui while she also loves to paddle surf. To learn more about Suzie Cooney you can visit her website at [SuzieTrainsMaui.com](http://SuzieTrainsMaui.com)

You could carefully include the soft file **How To Increase Your Stand Up Paddling Performance By Suzie Cooney** to the gadget or every computer hardware in your office or home. It will certainly help you to constantly proceed reading How To Increase Your Stand Up Paddling Performance By Suzie Cooney each time you have spare time. This is why, reading this How To Increase Your Stand Up Paddling Performance By Suzie Cooney doesn't offer you issues. It will provide you important sources for you who wish to start



writing, blogging about the comparable publication *How To Increase Your Stand Up Paddling Performance* By Suzie Cooney are various book industry.