

CGH #030: Endurance And Power - A New Paradigm | Allan Besselink

Written by Allan Besselink
Tuesday, 13 April 2010 20:42

Join me on BlogTalkRadio on Tuesday April 13, 2010 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". There has been a great deal of sports science research devoted to training strategies for endurance athletes and for power athletes. Traditional views would indicate a divergence in these approaches. But the sports sciences would indicate that perhaps these two diverse entities - endurance and power - are perhaps not as different as we once thought. This episode, entitled "**Endurance And Power - A New Paradigm**", will discuss a new approach to training both of these concurrently.

The BlogTalkRadio call-in number is 646-929-1567. You can listen online at <http://www.blogtalkradio.com/abesselink> and also download this and previous episodes here as well.

Join us for the discussion!