



Training, in Theory and Practice (Paperback)

By Archibald MacLaren

Theclassics.Us, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1874 edition. Excerpt: .now; therefore were there no other reasons for beginning the work carefully and proceeding slowly, these would be sufficient. But there are others of an important nature. It will be found that, out of the eight oarsmen of a crew, one or two will not have been accustomed to rise regularly at seven o'clock even in summer, and that more than one or two of those who have been so accustomed, have not been in the habit of taking anything deserving of the name of exercise. Page 4. por an these reasons, the morning exercise should be, in its initiatory stages, very light and gentle indeed; I would place it in duration within an hour, including the time occupied in going to and from the training-ground. For the first week let two miles be walked at the rate of three and a half...



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