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# SUCCEED IN SPORT: TRAIN - LEARN - ADAPT - IMPROVE



MX Publishing. Paperback. Book Condition: new. BRAND NEW, Succeed in Sport: Train - Learn - Adapt - Improve, Jackie Wilkinson, A sports performance and training book from five times British Field Archery Champion Jackie Wilkinson. Jackie has held several British records, competed at international level many times and enjoyed success at home and abroad, including gold medals at the Circuit des 5 Nations. Whether you are at club, county or national level, the tool Jackie describes can help you succeed...

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- Authored by Jackie Wilkinson
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