

HYBRID TRAINING PROGRAM



Rrsg3230 Hybrid Training Guide

J Dewey



Rrsg3230 Hybrid Training Guide:

The Ultimate Hybrid Athlete Alex Viada, 2025-11-18 A blueprint for achieving peak athleticism through hybrid training a revolutionary philosophy that challenges the longstanding belief that athletes must choose between strength and endurance In *The Ultimate Hybrid Athlete* renowned coach and fitness expert Alex Viada delivers the most comprehensive road map to hybrid training available today Drawing upon decades of experience and his latest research Viada's program allows athletes to push beyond the boundaries of conventional training methods and reach new heights in their respective sports From marathon running to powerlifting Viada's revolutionary approach does away with a singular modality by blending strength training endurance conditioning and cardiovascular optimization to help athletes reach peak performance Readers will learn to Develop a balanced training regimen that optimizes both strength and endurance Understand the science behind hybrid training and how it can play a critical role in better overall health and longevity Overcome common barriers to hybrid training such as overtraining and injury Cultivate mental toughness and resilience to push past limitations Develop a nutrition plan to support hybrid training Immediately use a variety of tested and proven hybrid training programs Whether you're a seasoned competitor weekend warrior or newcomer to fitness Viada provides all of the tools you need to redefine what's possible in the world of sports and unlock your true potential

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