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Jan Olbrecht, the author of The Science of Winning, will present at U. of Tennessee on April 28-29, 2017.

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and a unique method of lactate testing to assess and optimize the athlete's conditioning and potential - His book should be considered as a manual for the modern coach who wants to know before planning and periodizing what kind of conditioning

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adaptations he may expect - It provides knowledge and shares experience in a very understandable and applicable to every training situation - It advances some new important concepts, most notably that training at anaerobic threshold

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Periodizing And speeds is not the most effective way to improve aerobic endurance and that aerobic and anaerobic metabolism must be developed to optimum, not maximum, levels in order to perform well in competition. (Based on refined outcomes

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Following a re-analysis of the characteristics of anaerobic capacity exercises, some changes have been made regarding their description for long distance swimmers in comparison with previous publications (see Classification of Training

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Urban planning is as broad as the scope of urban government, which is closest to the people. It is an essential pre-requisite to the successful performance of duties of urban government, because it

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does offer most logical approach to solving city's problems, arising from rapid urban growth and expansion, as well as from changing conditions affecting inner city. This book is about establishing what has gone wrong with urban planning in Delhi, and

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of fixing flawed urban planning in operation. In this context, it is pertinent to have an understanding of the metropolis of Delhi, as much as the urban planning process. The book describes the metropolis through its morphology, its socioeconomic

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profile, the way rich and the poor live, its built environment, mode of travel, and the administrative aspects of urban planning. This book is not only for town planners but also for the citizens of Delhi, with the intention of making them more aware and enlightened

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about urban planning and urban governance. Urban planning is making decisions that profoundly affect the form and character of Delhi metropolis, in which its citizens live and the manner of their lives.

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what you can DIY...and how to assemble your expert team to handle the rest. Scan each chapter's introductory bullet list of -bottom line- planning necessities to see what you're already doing right--and what you may be missing. Concise, clear

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explanations follow, with helpful tips and stories from seasoned financial professionals focused on helping clients manage risk and fund their good life.

'Anybody But Anne' is the fifth in the 'Fleming Stone' series of

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detective novels by prolific author Carolyn Wells. Wealthy David Van Wyck has decided to become a philanthropist and leave his entire vast fortune to the local community. Whilst a noble intention, his family are opposed to the notion as it would leave

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them penniless. Following a meeting to certify his intentions, David is found dead in a locked room. His beautiful wife Anne is the obvious suspect, but there are many others who would have reason to want David out of the picture. A thrilling whodunnit from

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the popular author. Carolyn Wells (1862-1942) was a prolific American novelist and poet, best known for her children's literature, mystery novels and humorous verse. Following school in New Jersey, Wells worked as a librarian, where she developed

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her love of reading. It was during 1896 that Wells' first book 'At the Sign of the Sphinx' was published. From 1900 she dedicated herself to her literary career, writing over 170 novels in total across a range of genres. Some of her most loved works include the 'Patty

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Fairfield' and 'Marjorie Maynard' series for girls, as well as the 'Fleming Stone' mystery series for adults. Wells is also well-known for her humorous nonsense verse, and was a frequent contributor of verse to magazines. She published an autobiography 'The

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Rest of my Life' in 1937. Wells died in New York City in 1942.

Strategic Planning is woefully out of fashion, with many bloggers and thought-leaders claiming it is, in fact, dead. They couldn't be more wrong! Strategic Planning is

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An integral part of any nonprofit's ability to conduct effective social change. It allows the organization's staff, management, volunteers and board to identify and focus on the top priorities that the stakeholders agree will matter most to accomplishing

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their mission. Without a strategy, and the execution that follows - nonprofits are awash in mission creep, money chasing, and burned out and demoralized staff. Ain't nobody wants that. This book will walk you through the process of Strategic Planning

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invented by Sarai Johnson of Lean
Nonprofit. Her practice is based
on recent innovations in the
business sector, building on the
concepts of Lean Canvas and the
Business Model Canvas. Adapting
this strategic, action-based tool
for nonprofits provides you, the

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nonprofit practitioner, with step-by-step instructions for leading a group of people through the planning process. Oh, did we mention it is a ONE DAY PROCESS? Yeah, it's cool. We know.

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"The Meeting Planning Process --
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garnered over a 20+ year career as a corporate meeting and event coordinator. The author's systematic approach to project management helped her to get and stay focused on the task at hand while handling multiple details, projects and deadlines

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throughout her career and she wants to share her secrets for success with others. The author firmly believes it is NOT just one person who makes a meeting or event happen, but rather a well led TEAM of dedicated, enthusiastic, talented individuals

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who come together to do what they do best to help organizations EXCEED PROGRAM OBJECTIVES and make them SHINE. It is the PROCESS or system used to get started that can either keep you on track or send you off the rails. This Guide offers a practical

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overview of the entire planning process for people just starting out in the business or meeting planning veterans alike, and offers keen insights and valuable tips to help CREATE the perfect EXPERIENCE for their audience by staying true to the basic elements

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of the planning process. It is intended to lead people through the proper steps and the sequence of tasks involved in planning a meeting such as: Establishing a Planning or Design Team; Developing an Overall Plan; Budgeting; Site Selection;

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Communications, Contract
Review and more. The Guide also
includes handy templates
developed by the author -- a
Meeting Time Line; Overall Plan;
and Request for Proposal as well
as descriptions and diagrams of
possible room set-ups.

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This college-level book allows the reader a step-by-step instruction of the modules used in Infor VISUAL ERP from the initial quote to completion of the receipt of cash process after delivery. Entry level. *New* Infor Visual 8.0 - New

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Lead Time Performance

Customized for the Salem
Volcanoes(Minor League Team in
Salem Oregon)This book gets rid

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of all the myths and misunderstandings of the baseball swing. For the first time in 120 years of baseball, we now fully understand the swing from a precise analytical perspective - - and here it is! There are two books: Book 1 (this book) is the

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unlike anything you have ever seen in the baseball literature. You'll be amazed. For FANS, certain chapters are written specifically for you, so you (1) know what to watch for during a game; (2) how to classify batters into different styles; and (3) the

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final chapter describes the styles of different Home Run Kings from Babe Ruth to Barry Bonds. You'll learn lots and enjoy the game that much more. Book 2 is Technical Supplements, which are referenced in Book 1, with lots of graphs and tables - - based on our

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computer model which exactly matches the swing. Book 2 is for coaches, trainers, weight trainers, as well as teachers and students of the swing. Perfect for a college course!

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athletes, and sport scientist keys
to understanding the science and
application of lactate testing in
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experienced professional, feeling
the need to try something new.
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and get the job you want, you'll
need the right skills to get ahead.
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