



## AKADEMIA ROZWOJU TRENERA PZŻ

Prezentujemy zbiór książek polecanych przez Akademię Rozwoju Trenera PZŻ w celu zwiększania swoich kompetencji trenerskich.

Wybierz interesującą Cię tematykę by sprawdzić listę dostępnych publikacji.

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[TRYM](#)

[POGODA I PRĄDY](#)

[PRZEPISY](#)

[OGÓLNE INFORMACJE](#)

## STRATEGIA I TAKTYKA



### ADVANCED RACING TACTICS

Walker M.D., 1986

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### HIGH PERFORMANCE SAILING

Frank Bethwaite, 2011

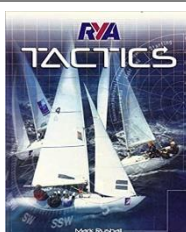
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### STRATEGIA I TAKTYKA REGATOWA

Andrzej Rymkiewicz, 1986

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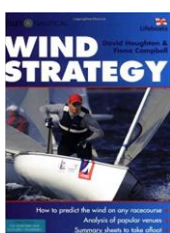


### TACTICS

Mark Rushall, 2007

*Podstawy taktyki dla łódek dwuosobowych, bogato ilustrowana przykładami z IO, bazująca na doświadczeniach kadry NZL.  
Polecam, Paweł Kowalski*

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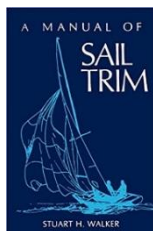


### WIND STRATEGY

David Houghton, Fiona Campbell, 2004

*Zawiera łatwe do zrozumienia modele koncepcyjne zachowania wiatru, aby w każdych warunkach móc zrozumieć czynniki wpływające na zachowanie wiatru i jego skutki.  
Andy*

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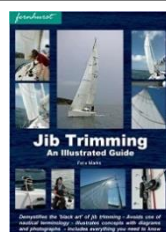
**SAIL TRIM**

Stuart H. Walker, 1985



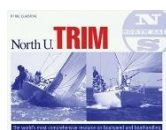
**FAST HANDLING TECHNIQUE**

Frank Bethwaite, 2013



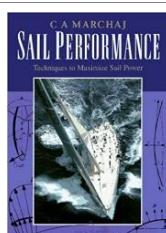
**JIB TRIMMING**

Felix Marks, 2006



**NORTH U. TRIM**

Bill Gladstone, 2003



**SAIL PERFORMANCE**

Czesław Marchaj, 1996



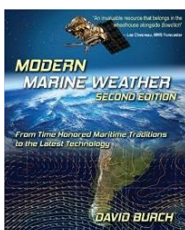
**TEORIA ŻEGLOWANIA**

Czesław Marchaj, 2013



**CZYTANIE Z CHMUR**

Oliver Perkins, 2019



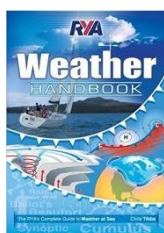
**MODERN MARINE WEATHER**

David Burch, 2012



**MODERN RACE NAVIGATION**

Will Oxley, 2014



**RYA WEATHER HANDBOOK**

Chris Tibbs, 2018



**WIND STRATEGY**

David Houghton, Fiona Campbell, 2004

*Zawiera łatwe do zrozumienia modele koncepcyjne zachowania wiatru, aby w każdych warunkach móc zrozumieć czynniki wpływające na zachowanie wiatru i jego skutki.*

*Andy*

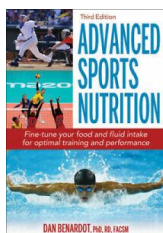


[2021-2024 THE RULES IN PRACTICE](#)

Bryan Willis, 1986

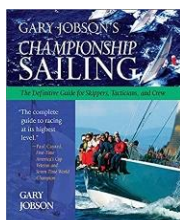
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## OGÓLNE INFORMACJE



### ADVANCED SPORT NUTRITION

Dan Benardot, 2020



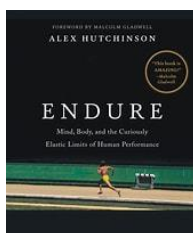
### CHAMPIONSHIP SAILING

Gary Jobson, 2004



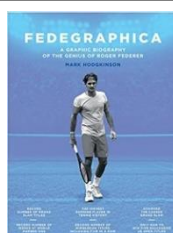
### CHASING THE CUP

Jimmy Spithill, 2017



### ENDURE

Alex Hutchinson, 2019



### FEDEGRAPHICA

Mark Hodgkinson, 2016



### HANDY GUIDE RACING RULES

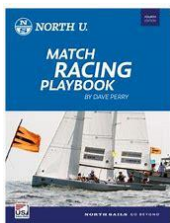
Rya, 2016



### HIGH PERFORMANCE RACING

John Merricks, Ian Walker, 1996

## OGÓLNE INFORMACJE



### [MATCH RACING PLAYBOOK](#)

Dave Perry, 2017



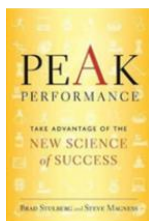
### [MIT CHARYZMY](#)

Olivia Fox Cabane, 2020



### [OPTIMISTYCZNE ŻEGLOWANIE](#)

Z. Staniul i T. Figlerowicz



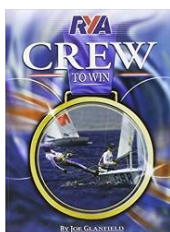
### [PEAK PERFORMANCE](#)

B. Stulberg, S. Magness, 2017



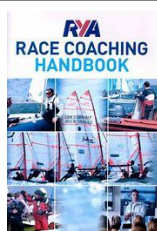
### [RACING WEIGHT](#)

Matt Fitzgerald, 2012



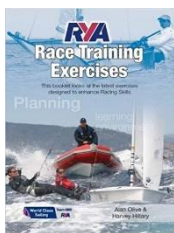
### [RYA CREW TO WIN](#)

Joe Glanfield, 2006



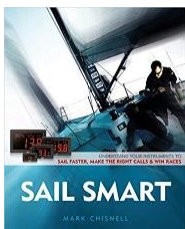
### [RYA RACE COACHING HANDBOOK](#)

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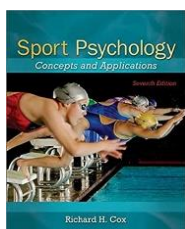
### [RYA TRAINING EXERCISES](#)

Alan Olive, 2009



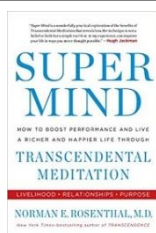
### [SAIL SMART](#)

Mark Chisnell, 2012



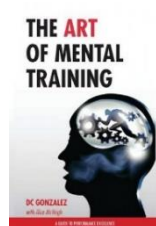
### [SPORT PSYCHOLOGY](#)

Cox, 2011



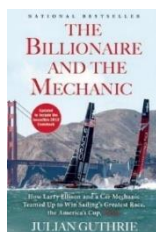
### [SUPER MIND](#)

Norman E. Rosenthal, 2017



### [THE ART. OF MENTAL TRAINING](#)

DC Gonzales, 2016



### [THE BILLIONAIRE AND THE MECHANIC](#)

Julian Guthrie, 2014

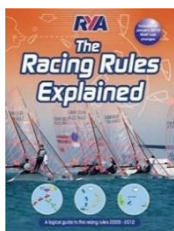


### [THE MEDAL MAKER](#)

Roger Vaughan, 2017

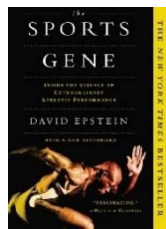


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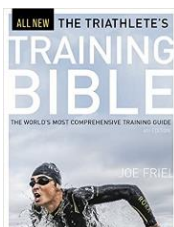
### [THE RACING RULES EXPLAINED](#)

Trevor Lewis, 2009



### [THE SPORT GENE](#)

David Epstein, 2014



### [TRIATHLETE'S TRAINING BIBLE](#)

Joe Friel, 2016