

When it comes to individual athletic prowess, there are some who are better at sprinting and others who are better at endurance. There are now many recognisable gene variants that play a crucial role in one's sporting ability. This book looks at a number of them coupled with discussions around one's VO2max, lung capacity, fast twitch muscles, lactate threshold and injury susception.

Photojournalism and Foreign Policy: Icons of Outrage in International Crises (Praeger Series in Political Communication), Raasay: Bedrock Geology and Superficial Deposits Map (1: 50 000 Series Geological Maps (Scotland)), The Slim Princess, Crickets (Bullfrog Books: Insect World) (Insect World (Hardcover)), Women in Nineteenth-Century Egypt (Cambridge Middle East Library),

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