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Courtenay Schurman is the author of The Outdoor Athlete (4.03 avg rating, 40 ratings, 1 review, published 2008)

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Take outdoor experience to the next level. The Outdoor Athlete will prepare athletes for adventure with performance training programs designed to

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"Courtenay and Doug Schurman have a training approach that touches outdoor athletes at all levels. Conditioning is paramount to being safe and prepared, and they are

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Courtenay Schurman, MS, CSCS, is an avid outdoor enthusiast active in mountaineering, rock climbing, biking, strength training, rowing, and step aerobics.

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