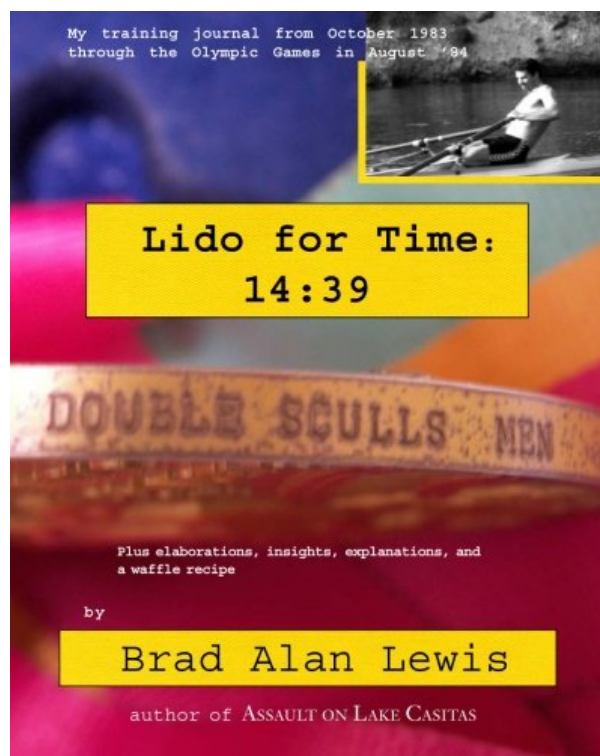
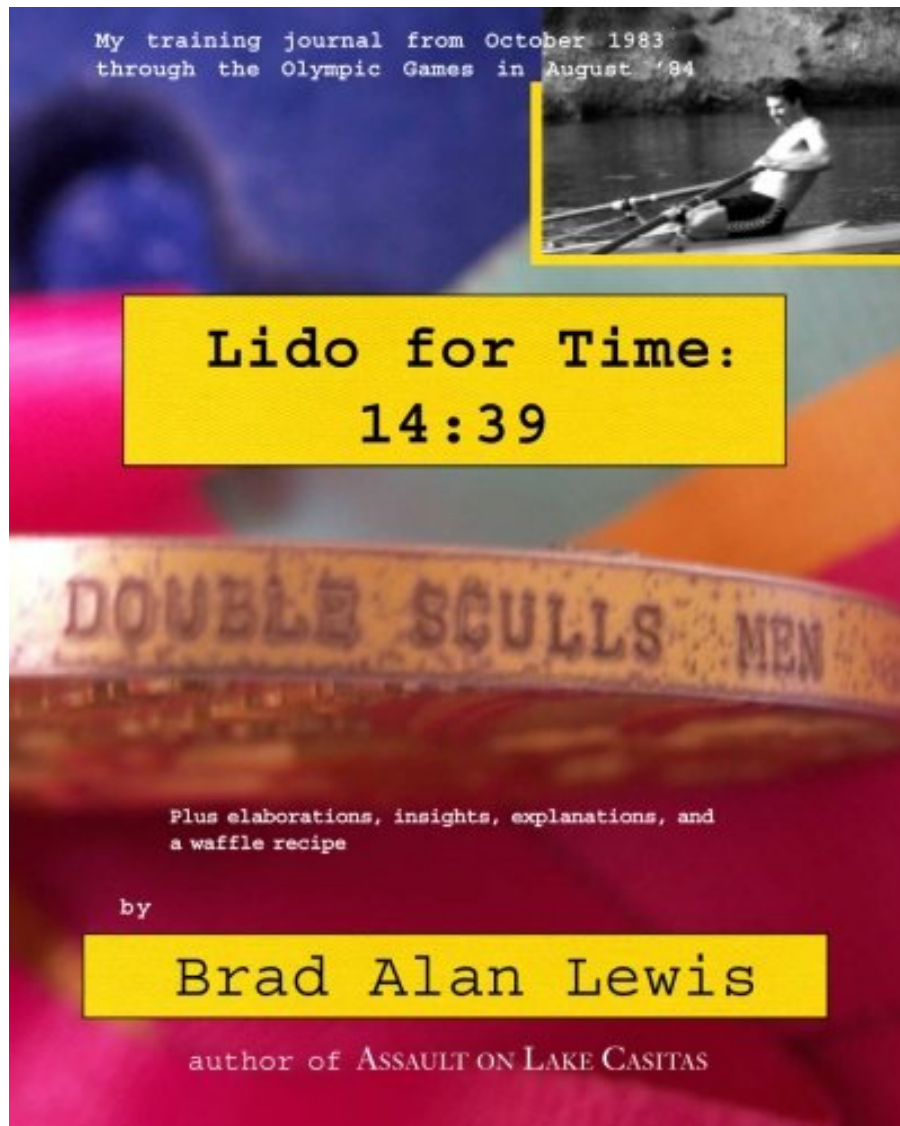


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I kept a journal throughout my rowing career. For fun I decided to write up my journal entries from October 1983 through the Olympic Games in August '84. Plenty of elaborations, insights, explanations are included, plus an exceptional waffle recipe. If you enjoyed my other book, Assault on Lake Casitas, I think you'll find Lido for Time to be a nice companion. Good rowing, Brad

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- 104 pages

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Lido for Time

By Coach Jim

I enjoyed the book. I highly recommend this book, but with the proviso that you will enjoy it more if you also buy Assault on Lake Cassitas by the same author. It puts the book Assault into a bit of perspective, and visa versa. The book is basically a log book of workouts with the author's thoughts for that day, goals and some interesting passages on racing. Very inspirational.

I coach at Rocky Mountain Rowing Club in Denver and fairly new to coaching. I have found Brad's other books very helpful in my coaching (especially Wanted: Rowing Coach). A lap around Cherry Creek Reservoir is sort of like a Lido piece but without the boats and homes to look at (or run into).

...Been there, done that (rowing around Lido Isle for time that is...long ago....), and it brought back great memories of college rowing in the '70's at UC Irvine. Hey, if you row for Orange Coast or Irvine, what are you waiting for? Get this book! A must have....

1 of 1 people found the following review helpful.

A book for anyone with a dream! Outstanding!

By Steven Karwoski

Lido for Time: 14:39 creates a perfect alchemy between practical, nuts and bolts, how-to- training tips with the sage insight only a man looking back can offer. Brad Lewis's keen, direct and blunt mentorship and sharp wit produce advice and insight beyond the spectrum of sports training. This book is not simply about rowing, it is about life!

It has been said that life can only be lived in forward motion yet only understood in reverse. Lewis looks back at his final year of rowing through the spectrum of his training journal.

Required reading for anyone who possesses or who has ever possessed goals, ambitions and dreams!

1 of 1 people found the following review helpful.

Want to see what goes into winning Olympic gold?

By The Brad

This book gives you as big and vivid a slice as you'll see. Brad couldn't include the **FOURTEEN YEARS** of rowing, training, racing, and rowing some more preceding that fateful race with Paul Enquist in 1984, but the 365 days he describes here are...inspiring. It's hard to put it into words, honestly, because how do you encapsulate searing commitment, determination, and desire in a hundred pages, or even a thousand? Pick it up. Peruse it. Enjoy it.

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