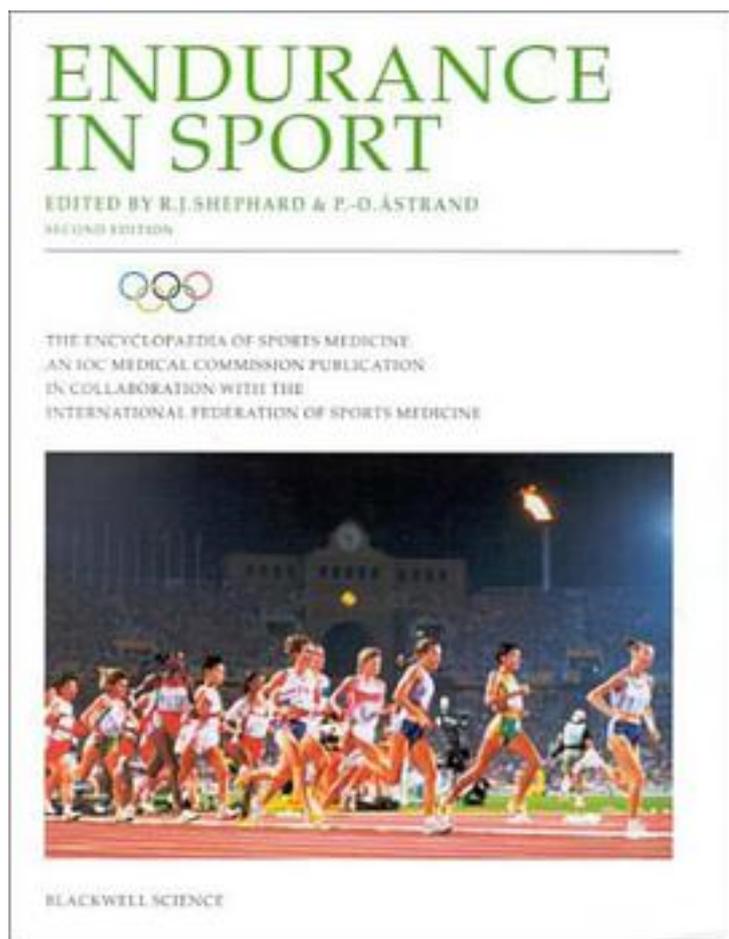


Endurance in Sport



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Endurance in Sport is a comprehensive and authoritative work on all aspects of this major component of sports science. The book also embraces medical and

sport-specific issues of particular relevance to those interested in endurance performance. The scientific basis and mechanisms of endurance - physiological, psychological, genetic and environmental - are all considered in depth. Measurement of endurance is extensively reviewed as is preparation and training for physical activities requiring endurance.

作者介绍:

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