

Rugby Fitness Training



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出版者:Trafalgar Square

出版时间:2006-6

装帧:Pap

isbn:9781861268501

Rugby is a sport that embraces players of every shape, size and fitness level. The success a player achieves, no matter what position he plays, will depend on his physical abilities. This book explains how those abilities, and therefore playing performance, can be improved. This book: discusses the mechanics of the human body, the classification of physical abilities and what is needed to succeed; examines the training methodology associated with aerobic, endurance, sprint, agility, plyometric, resistance, flexibility and core training; provides detailed explanations of a wide range of exercises; considers testing, the principles involved in designing training programmes and presents an easy-to-use, ten-step model that allows a player to formulate his own twelve-month training programme.

作者介绍:

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