

Nonlinear Periodization

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Optimizing Strength Training

Designing Nonlinear
Periodization Workouts

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This is a reference for strength and conditioning coaches, health and fitness professionals, and personal trainers, as well as athletes and weightlifters. Delve into nonlinear, or undulating periodization, to examine how a systematic and periodic reduction of resistance training intensity can improve performance beyond what is expected with traditional methods. This book defines and explains how nonlinear periodization works and then demonstrates how to create nonlinear periodization training programmes. Readers will learn that by creating different workouts for each day, they can emphasise exclusive training styles in every workout to maximise adaptation as well as provide adequate recovery from the rigors of training stress. Fitness professionals and coaches will discover this unique training style reduces the boredom of using similar workout protocols for two to four weeks at a time and therefore lends itself to creating a more satisfied client base. Written in practical and user-friendly terms, the authors provide the knowledge needed to understand periodization and training principles. No other book on the market will teach how to design, implement and assess a nonlinear workout programme.

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