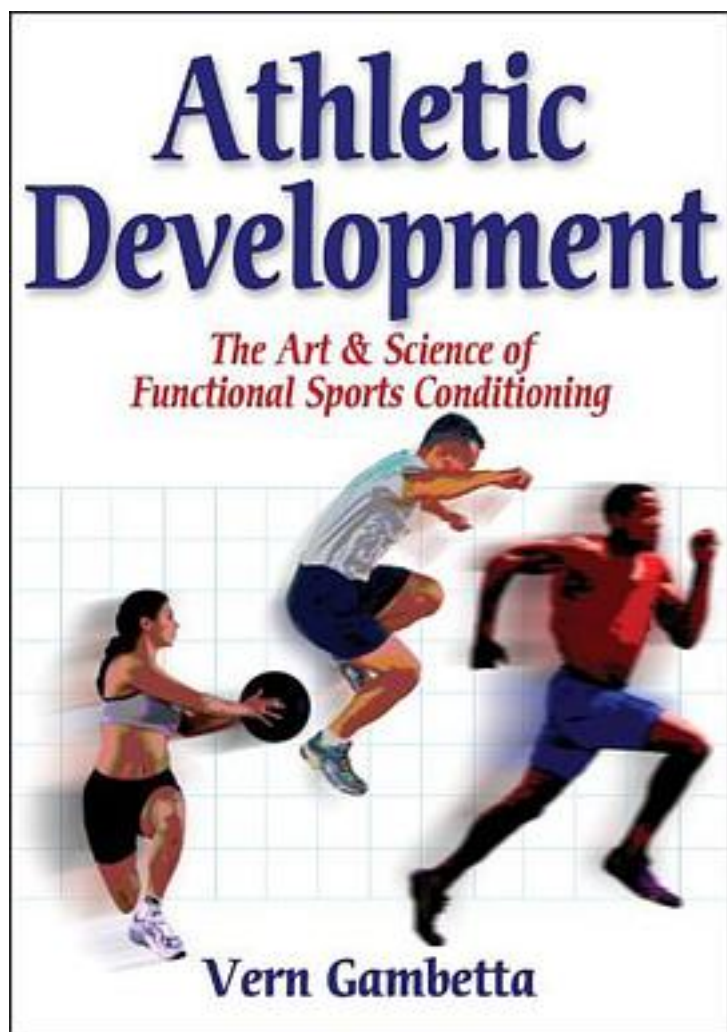


# Athletic Development



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Aimed at strength and conditioning professionals, as well as serious athletes and

coaches across a wide variety of sports, This work covers all aspects of training from sport analysis and athlete evaluation to building speed, power and strength. It examines how theories and practices have evolved into today's state of the art methods for maximising performance. From sport-specific demands to movement skill enhancement, training progressions to optimal performance, rest and regeneration techniques to training programmes, this text covers all the bases in modern functional sports conditioning.

作者介绍:

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