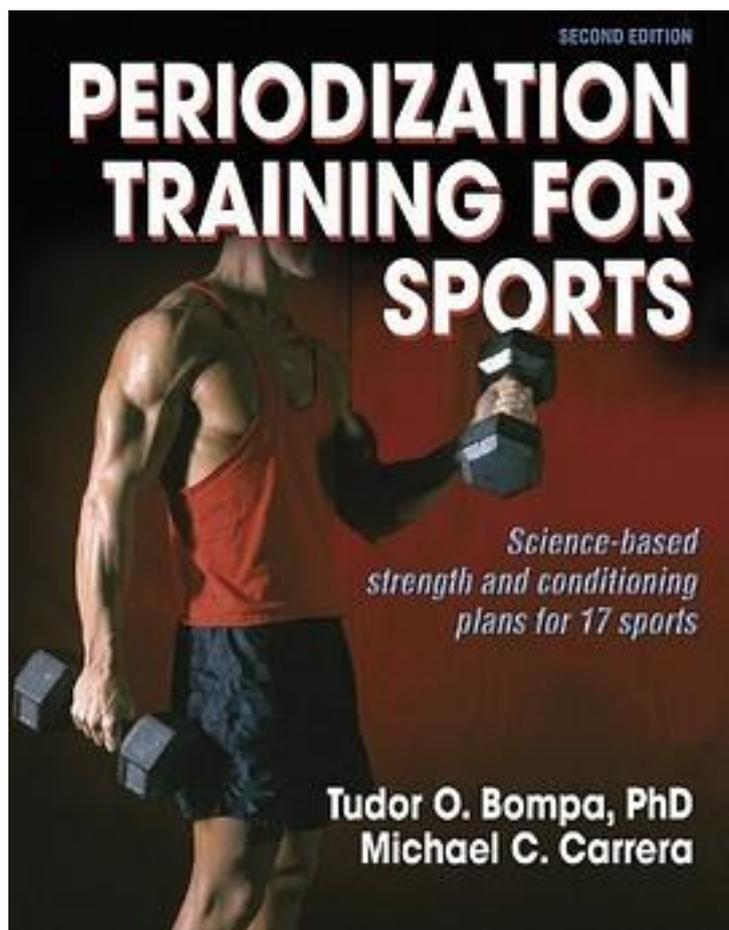


Periodization Training for Sports



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Sports conditioning has advanced tremendously since the era when a "no pain, no gain" philosophy guided the training regimens of athletes. Dr. Tudor Bompa pioneered most of these breakthroughs, proving long ago that it's not only how much and how

hard an athlete works but also when and what work is done that determines the athlete's conditioning level. In "Periodization Training for Sports," Bompa demonstrates how to use periodized workouts in order to peak at optimal times by manipulating six different training phases: anatomical adaptation, hypertrophy, maximum strength, conversion to power, maintenance, and transition. Coaches and athletes in 32 sports have at their fingertips a proven program that is sure to produce the best results. No more guessing about preseason conditioning, in-season workloads, or appropriate rest and recovery periods; now it's simply a matter of identifying and implementing the information in this book. Presented in a useful format with plenty of ready-made training schedules, "Periodization Training for Sports" is your best conditioning planner if you want to know what works, why it works, and when it works in the training room and on the practice field. Get in better shape next season, and see the benefits of smarter workouts in competition.

作者介绍:

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