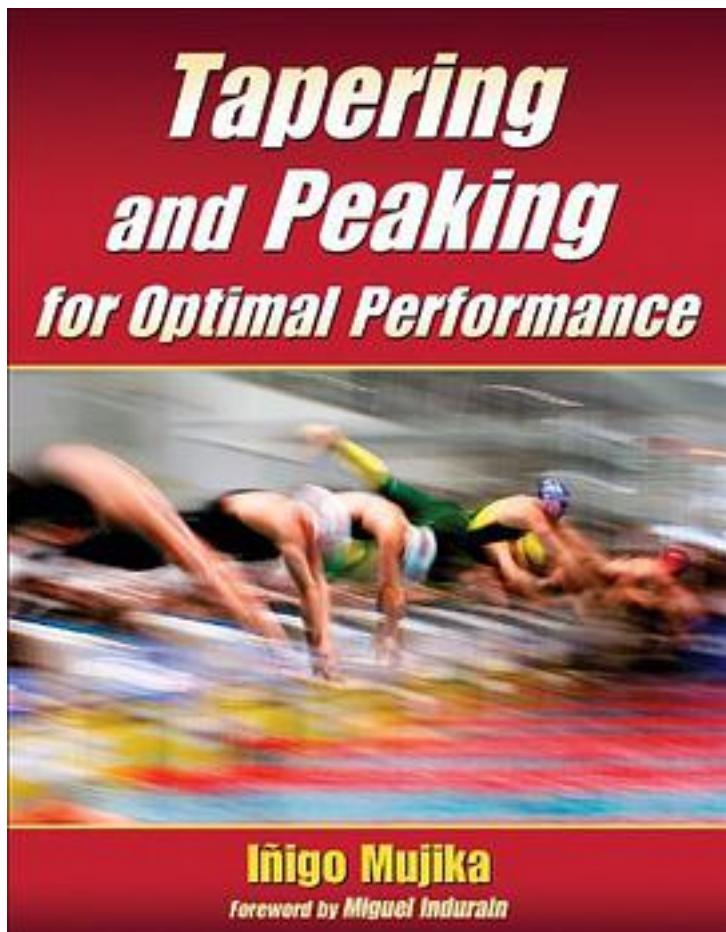


# Tapering and Peaking for Optimal Performance



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著者: Mujika, Inigo

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This first-ever book devoted to the subject presents current scientific data on tapering, its physiological and psychological effects and how these effects relate to athletic performance. Featuring various training models and experiential knowledge, this book

allows readers to design optimal tapering programmes for each athlete. Parts I and II of the text provides the reader with a clear understanding of the foundations, characteristics and physiological and psychological changes associated with tapering. Readers will explore performance implications of tapering, examine tapering with the use of mathematical models and learn the unique aspects of tapering for team sports. In part III of the book, 16 internationally known coaches and athletes share the tapering strategies that enabled them to succeed in major international competitions. This book is a powerful resource for athletes, coaches and sport scientists to use in dealing with the important tapering period of a training programme with increased confidence. By combining current scientific research with real-world examples, this text presents the most complete look at tapering available and it encourages further study of this vital and sometimes elusive aspect of training for success.

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