

Training Planning Manual, Step by Step: Methodological Guide to Develop the Plan of Sports Training (Paperback)



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Reviews

It is really an remarkable book which i have ever go through. It can be writter in simple terms and not difficult to understand. I am just effortlessly can get a enjoyment of reading a composed pdf.
(Dr. Lily Wunsch II)

TRAINING PLANNING MANUAL, STEP BY STEP: METHODOLOGICAL GUIDE TO DEVELOP THE PLAN OF SPORTS TRAINING (PAPERBACK)

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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The importance of science applied to sport and your constant improvement, has no discussion, much less against pure empiricism; one thing is the practice based on the foundations of science, and quite another is the practice without orientation of the laws and principles of sports training; It is necessary a specialized academic training and the support of the doctor, physiologist, psychologist, physiotherapist; because we work with human beings, subjected to multiple variables; they are not pieces of wood, of iron, that when you return the next day you are in the same place and with the same form in which you left it when finishing the work; It is important to know what happens in the body of the athlete when performing a particular exercise and what is the athlete's situation in the other spheres of life that influence personal results and discover new possibilities of the human being with actions that every day astonish more to the world In this Manual, exposed in a very simple and methodical way, which is based in addition to the academic training of the author, in his experience as coach of the Cuban athletics team for 20 years, high performance methodologist in Venezuela over 22 years, trainer of Inline skating, football physical and Olympic wrestling, together with the results of their research in this regard, addresses sports training in its entirety, as a System and the corresponding Organizational Structures (of the different cycles, of the objectives, of the competencies, the means and methods and the training load, as well as the integration and organization of all aspects of the sports preparation process as well as preparing the Step by Step Planning, suggesting and recommending...



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