



Periodization Training for Sports (3rd Revised edition)

By Tudor Bompá, Carlo Buzzichelli

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Periodization Training for Sports (3rd Revised edition), Tudor Bompá, Carlo Buzzichelli, This is the pioneering author's latest edition. Tudor Bompá pioneered many of the breakthroughs in modern training methods, 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 determine an athlete's conditioning level. In this new edition of Periodization Training for Sports, he teams with strength and conditioning expert Carlo Buzzichelli to demonstrate how to use periodized workouts to peak at the optimal time. Coaches and athletes in 35 sports have at their fingertips a verified programme designed to produce the best results. Containing plenty of ready-made training schedules, the book is an excellent conditioning planner for those wanting to know what works, why it works and when it works, both in the training room and on the practice field.



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