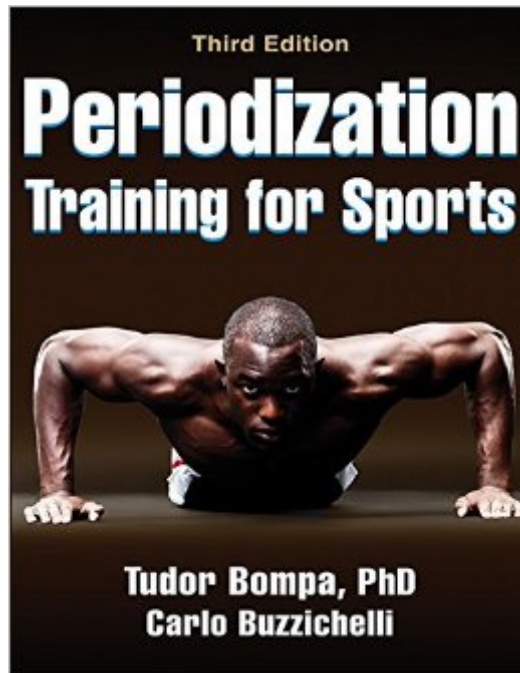


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# Periodization Training For Sports-3rd Edition



## Synopsis

Sport 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 determine an athlete's conditioning level. *Periodization Training for Sports* goes beyond the simple application of bodybuilding or powerlifting programs to build strength in athletes. In this new edition of *Periodization Training for Sports*, Bompa teams with strength and conditioning expert Carlo Buzzichelli to demonstrate how to use periodized workouts to peak at optimal times by manipulating strength training variables through six training phases (anatomical adaptation, hypertrophy, maximum strength, conversion to specific strength, maintenance, and tapering) and integrating them with energy system training and nutrition strategies. Coaches and athletes in 35 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 rest and recovery periods; now it's simply a matter of identifying and implementing the information in this book. Presented 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 reap the benefits of smarter workouts in competition. Own what will be considered the bible of strength training for sport of the next decade. v

## Book Information

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## Customer Reviews

This belongs in any serious athlete's library. While my main interest is power lifting and the book's main emphasis is getting strong for some other sport i.e. running, etc. I still found a lot of good information.

This book will probably have an impact on the strength & conditioning field in the coming years. Especially the insight on the importance of energy system training and how to integrate it with strength training in a purposeful program. It is a book rich of knowledge and data, arising from the latest research in the field of sports science. In fact, I don't know what book the other reviewer has been reading. There are many references from the year 2000 to the year 2014. In the first page of the references alone there are 9 spanning from the year 2000 to the year 2011. Maybe he got the previous edition?? To date there are plenty of books that cover program design but none of them talks about the importance and application of energy system training. The suggested range of strength training volume is applicable to both low and high level athletes. In short, probably next S&C bible.

The topic of periodization is really complex, and there are very few books that cover it with a complete overview. This book is one of the few books, together with the Periodization 5th one (Bompa), that covers really well periodization from all points of view. It gives also specific guidelines for different sports, and it has incredible tables about relation between exercise intensity and intra-intercoordination parameters of neurophysiology. It's really a good book (probably the best around) about periodization, together with the other one of Bompa.

Tutor's and Carlo's deep understanding of training, programming, and stimulating adaptation for developing optimal athletes and optimal performances bleeds through this entire text. I learned a lot in this book and highly recommend it to the coaches and athletes who are committed to reaching the pinnacle of performance. I purchased this book through the Human Connetics website and will probably pick up the Kindle version so I can have it on my phone as well.

This book represents an incredible source of information, science based, that every coach should use as foundation of his or her training program designing. I've followed Carlo's seminars in Italy for 10 years now and I can say that his contribution to the book is far higher than the one a co-author could give. I highly recommend it to whoever wishes to take a step forward in understanding the

strength training and periodization principles.

Tudor would be great at writing instruction manuals for lifting as that's what this feels like when reading. It has a ton of great information and is an ideal textbook for any strength & conditioning class. He goes into great depths on exercise programming, referencing studies, and offering example implementation. If you're a coach and you want to help build a stronger team (physically) this is a great book. The downside is just that it feels so much like work trying to read through it.

If you are a personal trainer, Strength & Conditioning Coach, or just someone looking to learn how to develop your own workouts, then this book will be your best friend forever. This book provides not only an incredible amount of detailed science which can be understood by the laymen, but more importantly, it provides you with a practical understanding of how to realistically implement everything. I don't think there is any other book currently on the market that goes into as much detail on periodization and program design as *Periodization Training for Sports, Third Edition*. Everything you need to know for training any kind of athlete is clearly explained.

I really enjoyed this book. I have also had the chance to do an internship with Carlo and know how smart and experienced he is first hand. Instead of having to buy a plane ticket, hotel, Internship fee, etc... you can read this book and learn a lot of the principles taught at the Internship in the comfort of your home. It was especially helpful for me learning how to properly integrate max strength and power with energy system work. This is a great resource for the beginner strength coach all the way up to seasoned coach. Highly recommended. Brad

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