

Readers Choice Sports Training

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Readers Choice Sports Training:

Reader's Choice Kim Flachmann, Michael Flachmann, Alexandra MacLennan, 2004 The Complete Guide to Sports Training John Shepherd, 2013-05-31 The Complete Guide to Sports Training is the definitive practical resource for anyone wishing to improve their performance and for coaches looking to get the best out of their athletes. The book demystifies sports science and provides athletes and coaches with the basic building blocks they need to maximise performance Starting with the basics and progressing to the specific elements all athletes need speed endurance and power this invaluable handbook explains the theory in simple easy to understand terms before discussing the most effective training methods and techniques as well as giving guidance on developing a training plan sports psychology and training younger and older athletes. This is the first time such a wealth of sports science knowledge has been available in one book and written in such an accessible style and should become the sports training handbook for athletes coaches and sports science students

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