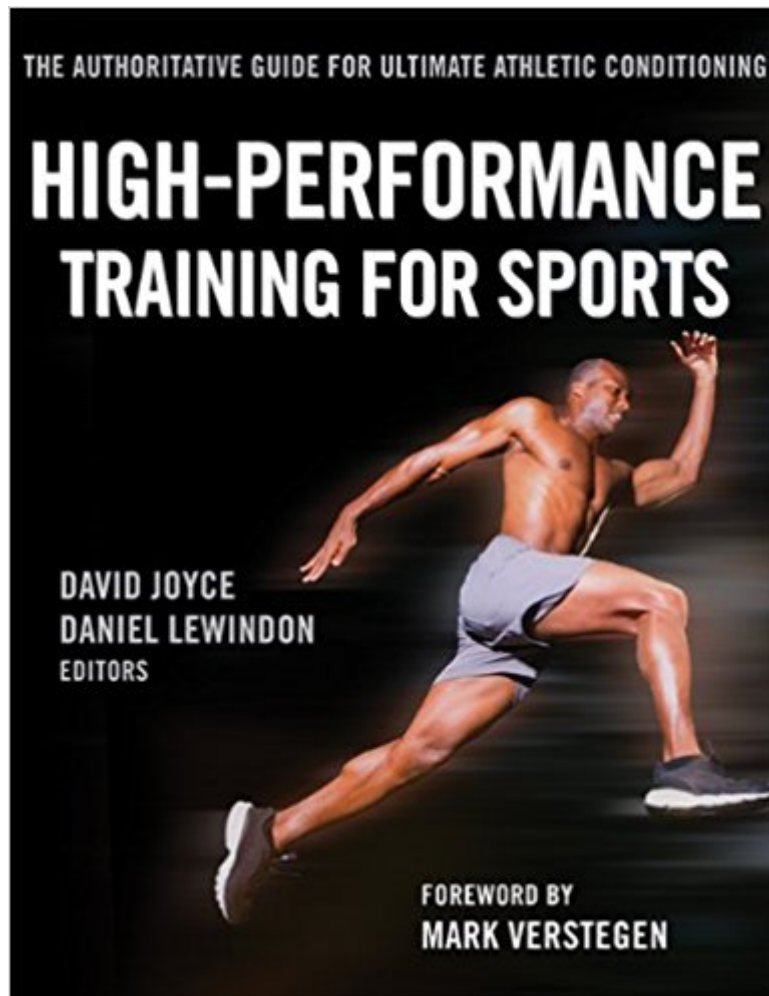




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# High-Performance Training For Sports



## Synopsis

High-Performance Training for Sports changes the landscape of athletic conditioning and sports performance. This groundbreaking work presents the latest and most effective philosophies, protocols and programmes for developing today's athletes. High-Performance Training for Sports features contributions from global leaders in athletic performance training, coaching and rehabilitation. Experts share the cutting-edge knowledge and techniques they've used with Olympians as well as top athletes and teams from the NBA, NFL, MLB, English Premier League, Tour de France and International Rugby. Combining the latest science and research with proven training protocols, High-Performance Training for Sports will guide you in these areas:

- Optimise the effectiveness of cross-training.
- Translate strength into speed.
- Increase aerobic capacity and generate anaerobic power.
- Maintain peak conditioning throughout the season.
- Minimise the interference effect.
- Design energy-specific performance programmes.

Whether you are working with high-performance athletes of all ages or with those recovering from injury, High-Performance Training for Sports is the definitive guide for developing all aspects of athletic performance. It is a must-own guide for any serious strength and conditioning coach, trainer, rehabilitator or athlete.

## Book Information

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## Customer Reviews

David Joyce is one of the first people in the world to lecture on and hold postgraduate master's degrees encompassing both sports science and sports medicine. He has trained, rehabilitated, and maintained multiple World and Olympic Champions, along with more than 100 national champions

and 300 national representatives. The first athletic performance coach in history to work with Team China after having worked with another national Olympic team, Joyce is currently head of athletic performance at Western Force, the most traveled team in world sport, in the toughest club rugby competition in the world spanning Australia, New Zealand and South Africa. He lives in Western Australia. Daniel Lewindon holds postgraduate master's degrees in both sports science and sports medicine. He has more than 10 years' experience working full-time in elite sport, and is currently a physiotherapist for the England Rugby Team, a post he has held for 5 years

As a strength and conditioning profession, I have made it a habit to stay current with mounds of information and misinformation that exists within our profession. The information presented by Dan Lewindon and the subsequent authors in this text is very useable and applicable to today's athlete. The text covers a focused view of athlete enhancement from suboptimal performance to elite athletes. As a strength and conditioning professional with over twenty five years of experience I would unequivocally recommend this text to any one interesting in increasing their own physical performance. S.S CSCS\*D, RSCC

Fantastic book! I've read it cover to cover and have referenced many chapters in it as well. It is well written with plenty of clinical applications. This book provides updated information to many of the strength and conditioning books which are outdated. I would highly recommend this book for anyone in sports rehab or performance training.

Amazing insight into high level training and athletic development. Each chapter gives the unique depth to delve into something new, such as a program, exercises, or ideas. The foundation for this book is one of excellence paralleled with new findings and interesting tactics. It is no doubt a must read, and a book one will enjoy.

Overall excellent blend of research and practical application for people involved in improving physical performance.

This book is FULL of current information about Sports Training. I bought the Kindle ed. and will end up buying a hard copy because this is definitely a book that I want in my personal library to reference.

Well laid out with input from top class researchers and practitioners, all of whom have years of experience. Excellent value for money at current price

Comprehensive and practical book regarding training methods for high-level athletes from a collection of internationally renowned coaches and researchers. Recommended for sport and performance coaches.

Great book. Very up to date information, from a variety of different sources. Pretty high level information.

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