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Science and Practice of Strength Training - Vladimir M ...

William Kraemer is one of the foremost researchers on strength and conditioning in the US and Zatsiorsky is a sport scientist molded in the former Soviet system, the result is a book that is heavy on the science of how the body adapts to strength training without any of the faddish nonsense by books written for consumers.

(PDF) Science and Practice of Strength Training

However, because an athlete's peak performance can only be maintained for 2-3 weeks , the ability to coordinate this with a competition date long into the future (e.g., the Olympics) is a fundamental skill to all strength and conditioning (S&C) coaches and the one that may only be attained after competency of the science and practice of ...

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Science and Practice of Strength Training addresses the complexity of strength training programs while providing advice in customizing programs for athletes and other populations. It covers velocity training, intensity, timing, exercises, injury prevention, overtraining, and athlete monitoring.

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