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periodization in Romania in 1963. After adopting his training system, the Eastern Bloc countries dominated international sports through the 1970s and 1980s.

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Periodization: Theory and Methodology

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About the author: Tudor Bompa. Dr. Tudor O. Bompa, Professor Emeritus, York University, Toronto, Ontario, is regarded worldwide as the leading specialist in the areas of training, coaching and fitness theory, to which he has contributed several new concepts.

Periodization Is a Thing of the Past |  
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Periodization Principles for Strength by  
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guidelines fulfill a given training goal. Proper application ensures superior organization with the fewest errors. The principle of progressive increase of load in training leads to better adaptation and improved strength gains. The Five Basic Laws of Strength Training

Tudor Bompa Periodization Training For Tudor O. Bompa, PhD, revolutionized Western training methods when he introduced his groundbreaking theory of periodization in his native Romania in 1963. After adopting his training system, the Eastern Bloc countries dominated international sports through the 1970s and 1980s.

Interview with periodization coach Tudor Bompa | Peak ...  
Bompa revolutionized western training

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methods when he introduced his groundbreaking theory of periodization in Romania in 1963. Today, periodization is the basis of every serious athlete's training. Periodization is a scientifically based method for structuring short- and When it comes to designing programs for optimal training, Tudor Bompa's expertise is second to none.

Periodization: Theory and Methodology of Training | Tudor ...

Tudor Bompa is THE person who stimulated Western interest in Periodization. As the author of 14 books on the topics of periodization, planning, peaking and strength training, he is one of the strongest

Tudor Bompa - Wikipedia

Tudor Bompa I thank my co-author,

Tudor Bompa, for allowing me a large

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amount of freedom to update and modify his classic text. It truly has been an honor to work with you, Tudor, and to discuss philosophies and beliefs about training theory. I must acknowledge the most important person in my life, my wife Erin. The sac-

Periodization Training for Sports by  
Tudor O. Bompa

Tudor O. Bompa, PhD, is recognized as the world's foremost expert on periodization training. He developed the concept of periodization of strength in Romania in 1963 as he helped the Eastern Bloc...

Periodization: Theory and Methodology  
of Training - Tudor ...

Periodization from a sport science point  
of view Tudor Bompa has been called the  
father of periodization (training

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planning) and I bet there are very few athletes in the world who don't owe their successes (even if they don't realise it) to the former Romanian's theories in some way or another.

Periodization Training for Sports: Tudor O. Bompa, Carlo ...

Tudor Bompa is a pioneer. That rare breed of trainer/programmer that's not only coached - but has himself been a high caliber athlete. His work is groundbreaking and I'm always surprised it's not more mainstream and well known. This man refined and developed some of the most powerful strength training methodologies used today (like periodization).

Periodization of Strength Part 1:  
Anatomical Adaptation ...

Tudor Bompa is a sports scientist..



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Currently, [when?] Bomp is a Professor Emeritus at York University in Toronto, Ontario, Canada. [citation needed] He is married to Tamara Bomp who is an associate lecturer at York University.

Periodization: Theory and Methodology of Training: Tudor O ...

Tudor Bomp is one of the world's foremost sports training experts. He is the only coach to have produced Olympic and world champions in two different sports – athletics and [...]

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PRIMER ON PERIODIZATION By  
Tudor O. Bompa, Ph.D ...

Tudor Bompa is known to many as the man who single-handedly revolutionized Western training methods. After more than forty years of work in the arena of international sports, he's widely considered one of the world's leading specialists when it comes to periodization, planning, peaking, and strength and power training.

A Talk with Tudor Bompa | T Nation  
Tudor O. Bompa, PhD is recognized worldwide as the foremost expert on periodization training. He developed the concept of periodization of strength in Romania in 1963, as he helped the eastern bloc...

Periodization Training for Sports - Tudor Bompa, Tudor O ...

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Periodization is one of the most important aspects of training for any coach to consider. Planning an athlete's progression over time is what separates a coach from some friend of yours giving you iffy advice. That said, to me, much of Bompa's book and the concept of periodization is akin to Descartes's Discourse on the Method.

Periodization: Theory and Methodology of Training, Edition ...

Tudor O. Bompa, PhD, is recognised worldwide as the foremost expert on periodization training. He first developed the concept of "periodization of strength" in Romania in 1963, as he helped the Eastern Bloc countries rise to dominance in the athletic world.

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