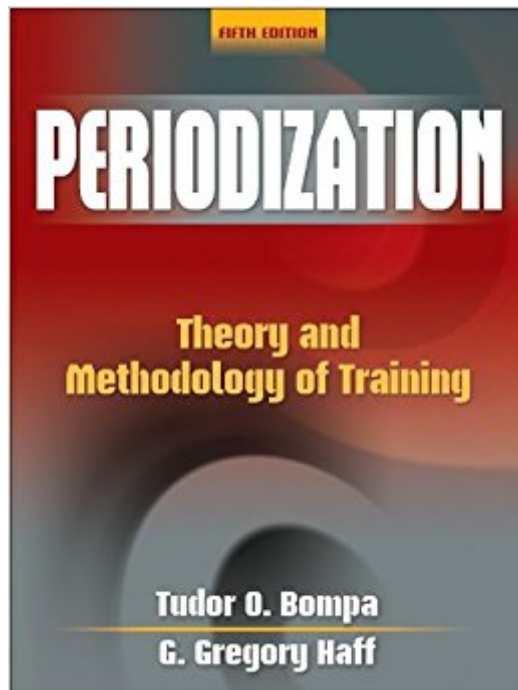




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Periodization-5th Edition: Theory And Methodology Of Training



Synopsis

Learn how to train for maximum gains with *Periodization: Theory and Methodology of Training*. Guided by the expertise of Tudor O. Bompa, the pioneer of periodization training, and leading periodization researcher G. Gregory Haff, you'll learn how to vary the intensity and volume of training to optimize the body's ability to recover and rebuild—resulting in better performance and less risk of injury. Translated into nine languages, *Periodization: Theory and Methodology of Training* has become one of the major resources on periodization for sport scientists, coaches, and athletes throughout the world. Since the introduction of this groundbreaking training theory by Tudor O. Bompa in 1963, periodization has become the basis of every serious athlete's training. Now in its fifth edition, Bompa's classic text combines the concepts central to periodization and training theory with contemporary advances in sport science, physiology, and coaching. No other text discusses planning and periodization in such detail or with so many specific, practical examples from a variety of sports. With the fifth edition of *Periodization*, you can learn the principles, objectives, and components of a successful long-term training program and how to plan the right program to achieve your performance goals. *Periodization* also contains proven strategies for optimal peaking and specifics on training for better motor ability, working capacity, skill effectiveness, and psychological adaptability. Better organized and easier to read, the fifth edition of this definitive text presents the latest refinements to periodization theory: -New research on rest and restoration, specifically countermeasures used in facilitating recovery plus practical suggestions for implementation -How the use of sequential training and delayed training effects can produce optimal performance at major competitions -A comprehensive discussion, grounded in scientific data, on applying various methods of peaking to ensure optimal performance for competition -New information on how concepts such as conjugated sequencing and summated microcycle structures can maximize strength gains and direct training -Expanded information on the development of sport performance characteristics, including speed training and sport-specific endurance Chapter summaries will help you review and reference major concepts throughout the text. Plan and document each training program with ease using the duplication-ready annual and four-year training plan charts included in the appendix. When it comes to designing programs for optimal training, Tudor Bompa's expertise is unmatched. The fifth edition of *Periodization: Theory and Methodology of Training* presents the latest refinements to Bompa's periodization theory to help you create training programs that enhance sport skills and ensure peak performance.

Book Information

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Customer Reviews

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 countries rise to dominance in the athletic world. Since then, Bompa has used his system in training 11 Olympic and world championship medalists and elite athletes. Professor emeritus at York University in Toronto, Bompa has authored several books on physical conditioning, including the second edition of *Serious Strength Training*, *Periodization Training for Sports*, and *Total Training for Young Champions* as well as numerous articles on the subject. He has made presentations on periodization training in more than 30 countries. His publications, conferences, and ideas are highly regarded and sought out by many top professional athletes and training specialists. Bompa and his wife, Tamara, live in Sharon, Ontario.

G. Gregory Haff, PhD, is an assistant professor of exercise physiology in the School of Medicine at West Virginia University in Morgantown. Haff has published more than 50 articles, centering his research on performance effects in the areas of strength training, cycling, and nutritional supplementation. A frequent presenter at national conferences on the topic of periodization, Haff was invited to present his research on the periodization of strength training in the United Kingdom in 2008. Haff also received a Distinguished Teaching Award from West Virginia University School of Medicine in 2008. In 2001, he was the recipient of the National Strength and Conditioning Association (NSCA) Young Investigator of the Year Award. Haff applies his research as a regional weightlifting coach, level 3 cycling coach, and certified strength and conditioning specialist with distinction. He has also worked as a coach and consultant for national-level and international-level weightlifters and cyclists as well as numerous collegiate

athletes. A fellow of the NSCA, Haff has served on the association's board of directors since 2007. He is also a member of the European College of Sports Science. Haff served on the USA Weightlifting Sports Medicine Committee (1998-2004), USA Weightlifting Sport Science Committee (1997-2004), NSCA Research Committee (2000-2006), and United States Olympic Committee Performance Enhancement Team for Weightlifting (2003-2004). A competitive weightlifter at the national level for 14 years, Haff continues to enjoy weightlifting in his free time as well as cycling and cooking. Haff resides in Morgantown, West Virginia, with his wife, Erin.

I would safely say this is the Gold Standard of information when it comes to periodization. Very in depth and everything is broken down - the fundamentals are taught first so that everything makes sense when it's put together later on. Periodization in general should be the very base of all training programs, for yourself and clients alike, to ensure that progress is being made in a MEASURABLE and PREDICTABLE manner. All in all, periodization is a fundamental concept for both athletes and trainers/coaches alike and this book is, in my opinion, THE starting point for learning it.

An excellent book with some really good information. I will say that at least half of the information in this book is not on Periodization, it's on general strength and conditioning that I guess the author feels you need to know in order to understand the rest. I was a little miffed that I had to pay for that part when it wasn't what I was looking for, but the actual information on periodization was worth it. This isn't the kind of information you need if you are just an enthusiast. But if you want to explore competitive athletics or coach competitive athletics I would encourage you to get it. If you are a CrossFitter you need this book because it is something that is lacking in that educational sphere.

This book is very detailed and extensive in all aspects of its teaching. The system of periodization is not something that can be simplified into a five page report or a skinny book. Tudor Bompa gives me the chance to apply the principles of periodization through all my athletic endeavors and helps me understand how to optimize my body's performance. As a weight-lifting enthusiast I would recommend this book not only to anyone who lifts weights, but also to anyone who wants to max out their potential in a field of physical action, from ice skating to soccer to football.

Classic, a must have in the library for any coaching scholars...!!!

I just recently graduated from the University of Cincinnati and was looking for a book that had it all.

This book is amazing! It lays the foundation for everything. I haven't been so excited to read an educational book in my life until I found this book. It will be the foundation of my career. Thanks Bompá for what you have given me.

Great book if you want to understand more indepthly the concepts surrounding periodization.

Say you were suddenly forced by gunpoint to set up a nationwide athletics program in a foreign country. I mean a NATIONWIDE program, from local recreational leagues to top-level amateur and professional teams, to talent identification in preschools, to peaking for the Olympics. Say that the gunmen put you on a plane, which would land in about 12 hours, and they asked you what one book you could bring with you to prepare. Without any hesitation whatsoever, you should immediately select this book, PERIODIZATION by Tudor Bompá. The amazing thing about this book is it's thoroughness and it's refusal to make any assumptions. It was written in the tone of someone who has been trained as a formal scientist (note the PhD after the author's name!) For example, the first 142 pages are in the section called "Training Theory" -- defining and discussing why athletes need to train. Seems like a no brainer, right? Athletes need to train, obviously! But although it is incredibly basic and fundamental, it is also full of hardcore ephiphanies and ghestalts. He really nails it on the head and puts it in language that you and I couldn't. This book is perfect for someone with a kinesiology background and with a lot of patience and persistence. Deep as it may be, I felt some small portions were a little thin -- such as the Five Intensity Values for training the energy systems (a huge topic but only a few pages of description for all the 5 values), and a description of how to read the Peaking Indices at the bottom of the annual plans (is it a derivative of the curves?). Overall, if you are interested in coaching on a worldwide level, you should seriously consider getting and reading this book. Or, if you want to tighten up on what is really going on with training, you should pick this up as well. 5 STARS!!!! (I'd also like to add that Tudor Bompá offers a certification if you want to become a "periodization/planning specialist" which I'd highly recommend. I just finished it and it was a lot of work but really got me to plunge deep into the book. Also, I have heard that the next edition will come out sometime in 2008 so keep an eye out for that too.)

A LOT of information in this book, made it a little advanced for me to read and comprehend properly, but great as a book of reference for theoretical knowledge behind periodisation.

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