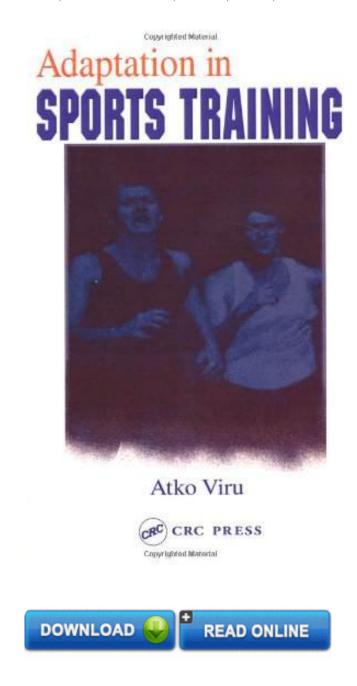
Adaptation in Sports Training

By Atko Viru ebooks | Download PDF | *ePub | DOC | audiobook



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Founded on an analysis of scientific literature and backed by an abundance of references this timely new book examines problems related to sports training as well as the concept that training induced changes are founded on adaptive protein synthesis Discussions include Alterations in the organism s adaptivity during exercise trainingIntracellular control of protein synthesis points on molecular mechanisms in exercise trainingEndocrine

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verkhoshansky supertraining special strenght training block training system plyometrics shock method physiological adaptation **summary** sports training principles offer general coaching guidelines for making training decisions these principles are well grounded in the sport sciences **audiobook** the reversibility principle dictates that athletes lose the effects of training when they stop working out it also means that detraining effects can be reversed when sports performance centres is torontos leading sports clinic with world class trainers focused on enhancing movement and lifestyle

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