



Peak Performance: Training and Nutritional Strategies for Sport

John Hawley, Dr John Hawley, Louise Burke

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This is a text for coaches and athletes who want to improve their sporting performance via the application of scientific training and nutritional principles. It gives detailed, practical information on the principles of physical conditioning, and how these relate to explosive events (such as sprinting), endurance events (such as the Ironman triathlon) and team sports (such as rugby and soccer). A chapter on competition preparation has been included ("Getting it right on the day"), as well as an appraisal of scientific aids for athletes (heart rate monitors, altitude training, warm up and warm down, drafting and pacing, and hill training). The book includes contributions from leading coaches, who reveal the secrets to success in their events, and also look at what the future holds for athletes in the year 2008.

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