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Periodization-6th Edition – Human Kinetics

My budget for topics on periodization was depleted and Periodization Training for Sports seemed exhaustive enough for my purposes. Link to my review: bit.ly/2CNzoFD . But Bompa's Periodization: Theory and Methodology of Training landed in my lap unexpectedly about a month ago and I read it It was not my plan to read Bompa's Periodization: Theory and Methodology of Training.

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[PDF] Periodization 5th Edition Theory Methodology Training

By (author) Tudor Bompa , By (author) G.Gregory Haff. Share. World-renowned exercise scientist Tudor Bompa's landmark work in sports conditioning established a whole new way for athletes and coaches to schedule training in the modern sports era. To this day, Bompa continues to refine the process and in this new edition of "Periodization, Theory and Methodology of Training", he shares the training timetable used by Olympic gold medalists and champions in all types of sports.