



Science of Sports Training: How to Plan and Control Training for Peak Performance

By Thomas Kurz

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The purpose of sports training is to achieve the highest possible sports result (for a given individual). Training is efficient if this result is achieved with a minimal expenditure of time and energy. In accordance with the above statements, Science of Sports Training tells the reader how to achieve maximal results with minimum of effort.

This book contains the sports training know-how of internationally known training specialists you can use to improve your speed, strength, power, endurance, coordination, and flexibility, as well as technical and tactical skills, while avoiding overtraining and injuries.

- Apply time- and energy-saving methods in your training.
- Master your techniques faster, react quicker, last longer, and prevent injuries.
- Improve your speed, strength, endurance, and coordination.
- Integrate physical training with mental training.
- Learn how and when to apply means of recovery.
- Learn how to integrate nutrition with training for best results.
- Learn how to plan and control sports training from workout to workout, week to week, month to month, and year to year so as to get the best results with minimum time and energy expenditure.

The principles and methods explained in this book are illustrated by examples from several sport disciplines (track and field, swimming, boxing, wrestling, gymnastics, and ball games), and are easily applied in every sport. Further, these examples are presented in such a way as to make it easy to apply the conclusions to any other sport.

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Bibliography

- Sales Rank: #293040 in eBooks
- Published on: 2016-02-03
- Released on: 2016-02-03
- Format: Kindle eBook

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Editorial Review

From Library Journal

Kurz, author of *Stretching Scientifically* (Stadion, 1987), presents a manual of East European training principles to elite athletes of the West. His nine chapters give an excellent overview of training for the development of speed, strength, flexibility, psychological preparation, recovery, and the testing and monitoring of skills. His text is logically organized and well indexed, but the prose contains some awkward phrasing and missing articles and would have benefited from additional illustrations. Kurz does not cover the basic exercise physiology or the fundamentals of physical training that Jack H. Wilmore does in *Athletic Training and Physical Fitness* (Allyn & Bacon, 1977), nor does he specify training regimens for individual sports. Still, this unique title is recommended for collections in physical education, coaching, and athletic training in academic and large public libraries.

- Sandra Math, *St. John's Univ. Lib., Staten Island, New York*

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From Scientific American

Science of Sports Training explains the Eastern European principles and methods of sports training that lead to individual peak performances without resorting to harmful or illegal methods such as doping. A key principle to achieving peak performances is the development and control of the athlete's own rational individualized training regimen. Kurz describes the optimum sequence of types of exercises in a workout, in a weekly cycle of workouts, or for longer periods, carefully explaining the physiological basis for the sequence.

From [The New Yorker](#)

Three items from Tom Kurz, athlete, instructor, coach, and graduate of the University School of Physical Education in Warsaw, Poland: a videotape **Secrets of Stretching**, and two books: **Stretching Scientifically** and **Science of Sports Training**. Tom presents a uniquely Eastern European look at this practical subject matter. The video chiefly focuses on the exercises and techniques necessary to achieve a dramatic full split position, while the books emphasize the technical aspect of stretching and sports training, with considerable emphasis on strength training and periodization... Substantial application to the interests of a serious student of the strength sports.

Users Review

From reader reviews:

James Stewart:

Now a day people that Living in the era where everything reachable by interact with the internet and the resources inside it can be true or not call for people to be aware of each details they get. How many people to be smart in getting any information nowadays? Of course the correct answer is reading a book. Looking at a book can help persons out of this uncertainty Information especially this Science of Sports Training: How to Plan and Control Training for Peak Performance book as this book offers you rich info and knowledge. Of course the info in this book hundred pct guarantees there is no doubt in it you know.

Lori Parker:

The guide with title Science of Sports Training: How to Plan and Control Training for Peak Performance possesses a lot of information that you can find out it. You can get a lot of help after read this book. This particular book exist new information the information that exist in this reserve represented the condition of the world today. That is important to yo7u to learn how the improvement of the world. This particular book will bring you with new era of the glowbal growth. You can read the e-book on your smart phone, so you can read that anywhere you want.

Harold Felix:

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