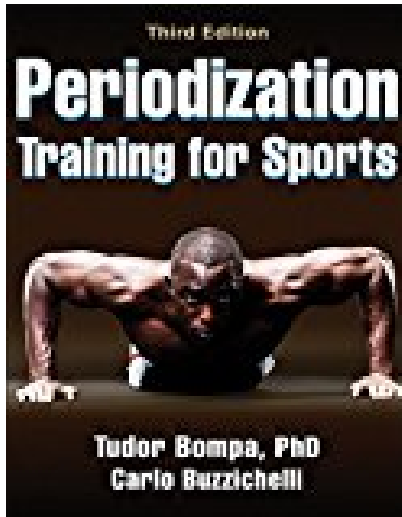


Periodization Training for Sports-3rd Edition



BOOK DETAILS

- Author : Tudor Bompa
- Pages : 368 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1450469434



BOOK SYNOPSIS

Periodization authority Tudor Bompa and strength and conditioning expert Carlo Buzzichelli eliminate the guesswork and establish a clear path to reaching peak physical condition and gaining a competitive edge. "Periodization Training for Sports" includes programs and training models for 35 sports.

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