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advisers,
coaches and
athletes.

Integrated

Page 116/145

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Periodization in
Sports Training
& Athletic
Development

considers the
large problem of
training

specialists
working in
isolation and
builds a case
for integrated
periodization as
conceived by

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Tudor Bompa. The book begins by defining periodization as a specific theory and methodology, historically detailing how the term was formally derived, differentiating it from the

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current view of
periodization as
a Russian

concept. Next,

the authors

clarify some

common

misconceptions

of periodization

by integrating

evidence-based

practice with

emphasis on

sports

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nutrition,
psychological
preparation, and
training
methodology. The
book explores
sport-specific
applications of
integrated
periodization,
development of
biomotor
abilities, and
long-term

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planning. A novel paradigm for viewing adaptation is introduced, moving past homeostasis to include allostasis, and one approach (Maximum Recoverable Volume) is detailed that

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may be used to more effectively manage fatigue. Finally, the book includes a chapter on tapering strategies to peak athletes for competition using an integrated approach.

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Muscle hypertrophy—defined as an increase in muscular size—is one of the primary outcomes of resistance training.

Science and
Development of
Muscle

Hypertrophy is a comprehensive compilation of

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science-based principles to help professionals develop muscle hypertrophy in athletes and clients. With more than 825 references and applied guidelines throughout, no other resource

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offers a
comparable
quantity of
content solely
focused on
muscle
hypertrophy.

Readers will
find up-to-date
content so they
fully understand
the science of
muscle
hypertrophy and

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its application
to designing
training
programs.

Written by Brad
Schoenfeld, PhD,
a leading
authority on
muscle
hypertrophy,
this text
provides
strength and
conditioning

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professionals,
personal
trainers, sport
scientists,
researchers, and
exercise science
instructors with
a definitive
resource for
information
regarding muscle
hypertrophy—the
mechanism of its
development, how

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the body
structurally and
hormonally
changes when
exposed to
stress, ways to
most effectively
design training
programs, and
current
nutrition
guidelines for
eliciting
hypertrophic

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changes. The full-color book offers several features to make the content accessible to readers: •

Research Findings sidebars highlight the aspects of muscle hypertrophy

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currently being

examined to

encourage

readers to re-

evaluate their

knowledge and

ensure their

training

practices are up

to date. •

Practical

Applications

sidebars outline

how to apply the

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research
conclusions for
maximal
hypertrophic
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photos, and tables from the text allows instructors and presenters to easily teach the material outlined in the book. Although muscle hypertrophy can be attained through a range of training

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programs, this text allows readers to understand and apply the specific responses and mechanisms that promote optimal muscle hypertrophy in their athletes and clients. It explores how

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genetic background, age, sex, and other factors have been shown to mediate the hypertrophic response to exercise, affecting both the rate and the total gain in lean muscle mass. Sample

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Programs in the text show how to design a three- or four-day-per-week undulating periodized program and a modified linear periodized program for maximizing muscular development.

Science and

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Development of
Muscle

Hypertrophy is
an invaluable

resource for

strength and
conditioning

professionals

seeking to

maximize

hypertrophic

gains and those

searching for

the most

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and current
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The shock method

* The

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process during

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of adaptive
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high - adapted

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developments of
the use of

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Adaptation and
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