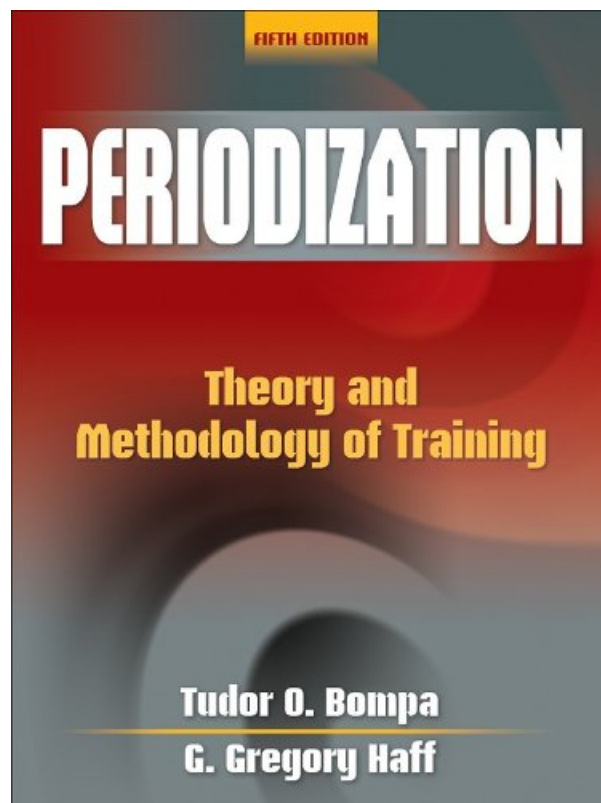
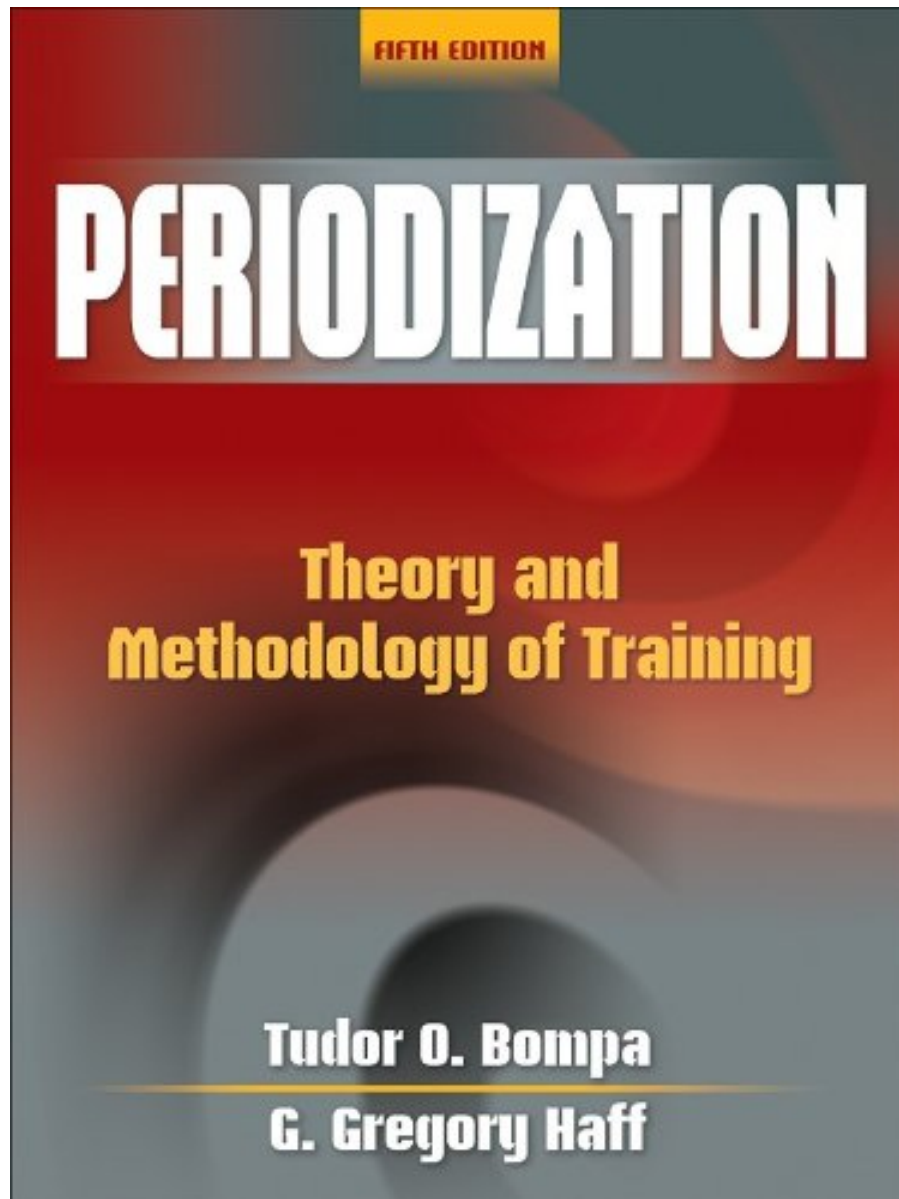


**PERIODIZATION-5TH EDITION: THEORY
AND METHODOLOGY OF TRAINING BY
TUDOR BOMPA, G. GREGORY HAFF**



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About the Author

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PERIODIZATION-5TH EDITION: THEORY AND METHODOLOGY OF TRAINING BY TUDOR BOMPA, G. GREGORY HAFF PDF

Learn how to train for maximum gains with *Periodization: Theory and Methodology of Training*. Guided by the expertise of Tudor O. Bompa, the pioneer of periodization training, and leading periodization researcher G. Gregory Haff, you'll learn how to vary the intensity and volume of training to optimize the body's ability to recover and rebuild—resulting in better performance and less risk of injury.

Translated into nine languages, *Periodization: Theory and Methodology of Training* has become one of the major resources on periodization for sport scientists, coaches, and athletes throughout the world. Since the introduction of this groundbreaking training theory by Tudor O. Bompa in 1963, periodization has become the basis of every serious athlete's training. Now in its fifth edition, Bompa's classic text combines the concepts central to periodization and training theory with contemporary advances in sport science, physiology, and coaching.

No other text discusses planning and periodization in such detail or with so many specific, practical examples from a variety of sports. With the fifth edition of *Periodization*, you can learn the principles, objectives, and components of a successful long-term training program and how to plan the right program to achieve your performance goals. *Periodization* also contains proven strategies for optimal peaking and specifics on training for better motor ability, working capacity, skill effectiveness, and psychological adaptability.

Better organized and easier to read, the fifth edition of this definitive text presents the latest refinements to periodization theory:

- New research on rest and restoration, specifically countermeasures used in facilitating recovery plus practical suggestions for implementation
- How the use of sequential training and delayed training effects can produce optimal performance at major competitions
- A comprehensive discussion, grounded in scientific data, on applying various methods of peaking to ensure optimal performance for competition
- New information on how concepts such as conjugated sequencing and summated microcycle structures can maximize strength gains and direct training
- Expanded information on the development of sport performance characteristics, including speed training and sport-specific endurance

Chapter summaries will help you review and reference major concepts throughout the text. Plan and document each training program with ease using the duplication-ready annual and four-year training plan

charts included in the appendix.

When it comes to designing programs for optimal training, Tudor Bompa's expertise is unmatched. The fifth edition of *Periodization: Theory and Methodology of Training* presents the latest refinements to Bompa's periodization theory to help you create training programs that enhance sport skills and ensure peak performance.

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Most helpful customer reviews

51 of 53 people found the following review helpful.

Not For Everyone

By William

Before you get this book, keep in mind that this was written by an extremely smart individual for other smart individuals. If you want to build a program for your athlete(s) or for yourself but don't know where to start, you should get Periodization Training For Sports. That is still written by Dr. Bompa but is translated by a writer, so it's much easier to read and understand. If you know how to build a program, and want to know the science behind it, then this is for you. I have spoken to many bright individuals in the field of Exercise and Sports Performance who were overwhelmed by this book. It has priceless information, but just realize who the target audience is before you purchase this book.

31 of 37 people found the following review helpful.

Not for the novice athlete, but good.

By E. Roberts

This book is more geared towards coaches, especially those who coach elite athletes. If you are not a coach or an elite athlete (or aspire to be) then this book is probably not for you. It is overly wordy and technical, and the author tends to go off on random tangents frequently. That said, there are also some very valuable nuggets of information in this book that will enhance anyone's level of knowledge. I bought this book in the hopes that I would be able to build a periodized weightlifting routine, but after reading it I am no closer to being able to do that. I don't really think I'd want to go to the trouble anyway after reading this book, because I am not an aspiring elite bodybuilder. If you are just an average person looking for ways to improve your training there are a lot of great ideas in this book that may spark your own creativity, but don't expect specific detailed training regimes or specialized exercise plans from this book. And you really need above average intelligence and desire to discern what the author is trying to convey.

12 of 13 people found the following review helpful.

Excellent, but long winded and incomplete

By Sabrewolfy

Periodization is the secret to effective training. The human body adapts to whatever you're doing to it within about 4 months. If you want your gains to continue after 4 months of training, periodization is the key.

Bompa's title could be slightly improved to: Periodization: Science, Theory, and Methodology.... Bompa references ~1100 books and/or scientific articles to educate the reader. He clearly explains the resulting theory, and also provides many examples of periodization schemes that apply the science and theory. See my other reviews, I've read a number of scientific based books on training, and I took 17 pages of notes from Periodization. This book is rich with information.

My quest for Exercise Science knowledge actually began a year ago when I experienced a frustrating

plateau. I overcame the plateau by stumbling across one of Bompa's periodization schedules (1232, 3434, 5456) in a kinesiology journal. Using this scheme (Bompa would call it a 3:1), I have experienced explosive gains, and I realized that periodization is the key to training. This book is a must read for any serious athlete or coach.

Why only 4 stars?

1. Bompa repeats the same concepts repeatedly and devotes too many pages to obvious coaching activities. This book could easily be shortened to 150 - 200 pages.
2. Any book in excess of 300 pages and titled "Periodization" should extensively cover all relevant training theories. Bompa almost completely neglects Block Periodization. The more advanced you get in your training, the more relevant Block Periodization becomes.
3. Bompa is unfortunately under-influenced by Eastern European training science, theory, and methods in general (hence only the brief mention of Block Periodization which is an Eastern European invention).

I've yet to find a book that elucidates Block Periodization to my satisfaction. Verkhoshanky lays out the principles of it in Supertraining, but much more detail would have been helpful.

In short: A must read on periodization, but unfortunately it won't be your only or last read on the subject.

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