



## Supertraining [Paperback]

*Yuri Verkhoshansky*

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Supertraining 6th edition expanded version by Prof. Yuri Verkhoshansky and Dr. Mel Siff Dr. Verkhoshansky has decided to self-publish this new expanded version and has asked UAC to be the exclusive worldwide distributor. This new edition contains more than 70 pages of never before published material from Dr. Verkhoshansky including:

- \* The shock method
- \* The development of adaptation process during the long term sport activity
- \* The "compensatory adaptation"
- \* Current Adaptive Reserve of the human organism
- \* The strategy to manage the adaptation in the training process
- \* The specificity of protein synthesis in the adaptation process
- \* The structural reconstructions during the adaptation process and the phenomenon of Supercompensation
- \* Heterochronism of adaptive reconstructions
- \* The function efficiency in a high - adapted organism
- \* The optimal regime of adaptation
- \* The phenomenon of immune defence decrease
- \* The general schema of adaptation process during the sport activity
- \* The practical aspects of the Adaptation Theory
- \* The future developments of the use of Adaptation Theory in sport

This book is a must have for any athlete or coach. Every topic is covered in almost 600 pages.

- \* Strength and the muscular system
- \* Philosophy of physical training
- \* The muscle complex
- \* Adaptation and the training effect
- \* Sport specific strength training
- \* Factors influencing strength production
- \* The means of special strength training
- \* The methods of special strength training
- \* Organization of training
- \* Strength training methods
- \* Designing sports specific strength programs
- \* Restoration and stress management
- \* Combination of resistance methods
- \* The use of testing
- \* Overtraining
- \* PNF as a training system
- \* Models for structuring the annual training
- \* Preparedness and the training load
- \* Periodisation as a form of organization



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