

Strength, Power and Muscular endurance for Runners and Hurdlers

Jesse, John

Note: This is not the actual book cover

Strength Power And Muscular Endurance For Runners And Hurdlers

John Jesse



Strength Power And Muscular Endurance For Runners And Hurdlers:

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Resistance Training Methods Alejandro Muñoz-López, Redha Taiar, Borja Sañudo, 2021-10-18 This book reviews the main principles of resistance training from basics to modern insights It includes practical ways to develop most of the strength training methods including monitoring and testing procedures It merges practical tips with knowledge about the scientific background concerning program and periodization It describes procedures for special populations such as elderly or women Gathering contributions by authoritative researchers and professors in the fields of sport science and biomechanics this book provides an integrated view of strength training programming and describes the most important biological factors associated with this type of training The evidence based and detailed description of each single mechanism to be trained to enhance performance is covered in depth Thanks to its strong academic background and being self contained this book offers a valuable reference guide for advanced undergraduate and graduate students in sports science as well as an inspiring guide for sport and health researchers and professional trainers alike

Strenght, Power, and Muscular Endurance for Runners and Hurdlers John Jesse, 1971 *The Publishers' Trade List Annual* , 1978 *Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office, 1973 **Applied Anatomy and Biomechanics in Sport** Timothy R.

Ackland, Bruce Elliott, John Bloomfield, 2009 Applied Anatomy and Biomechanics in Sport Second Edition offers a variety of information for coaches and sport scientists that can be integrated and applied to the elements of body structure body composition assessment physiology and biomechanics

Encyclopedia of Physical Education, Fitness, and Sports: Sports, dance, and related activities , 1977 The Complete Runner , 1974 **Track Technique** , 1991

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