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Special strength training manual for coaches pdf

The best reviews Of the latest Best Reviews from one of the leading sports scientists in history comes this milestone and the ultimate monument to his brilliant and innovative career. Coaches Guide is the most cutting edge and exhaustive work of its kind. It contains all the guidelines for understanding and using special strength training, a detailed description of the two main groups of SST, resistance and jump exercises, as well as combined methods of their use: integrated method, stimulation method, contrast method, chain method and aerobic strength method. Figuring out the justification for the organization of special force training and its use in the unit training system is handled in a very clear and concise approach. In addition, the practical use of SST in acyclic, cyclical sports, as well as team and combat sports. Also included is the author's own ultra mass program for bodybuilders and the smartest approach to warm-up. It tells about the full history of the author's career and about many contributions to this area. This book will prove to be the most important tool in the arsenal of the best coaches in the world. I was asked to do a review of the fine book. It was one of the greatest compliments I could get. Before this book was completely finished, he died, and his very well-built daughter Natalia finished the book. The information in this book is incredible. It applies to all sports; Of course, he is known for his work on shock training. His methodologies are myriad. He was awarded the highest rank as a PhD in Habilitat, the highest scientific degree in Eastern Europe. While he has used a unit training system for endurance sports his work and my long experience lead to the Westside system where strength does, speed highs, and hypertrophy work is accomplished together on a weekly basis. This book is a must for any library, for every coach and athlete alike. I will always be indebted to this man. Cover: Paperback Page: 290 Weight: 1lb Difficulty Level: An extended, packed full of first-hand experiences for Olympic coaches from one of the leading sports scientists in history comes this milestone and the final monument to his brilliant and brilliant career. Coaches Guide is the most cutting edge and exhaustive work of its kind. It contains all the necessary guidelines for understanding and using special strength training, a comprehensive method, a stimulation method, a contrast method, a chain method, and the strength of an aerobic method. Figuring out the justification for the organization of special force training and its use in the unit training system is handled in a very clear and concise approach. In addition, the practical use of SST in acyclic, cyclical, athletics, as well as team and combat sports. included the most intelligent approach to warm-up and and Ultra Mass's own program for bodybuilders. It tells about the full history of the author's career and about many contributions to this area. This book will prove to be the most important tool in the arsenal of the best coaches in the world. For international orders. If you order a few books, please contact us at discounted prices. Special Power Training Coaches Guide to The Jury Verhoshansky From a leading scientist and expert in sports training, his latest book: a note, the point is not to return to strength training. The most complete and to date book in Special Strength Training (SST): Methodological Basics of Special Strength Training, Guidelines for SST Planning, SST Tools and Techniques - Resistance and Jumping Exercises, Integrated Method, Stimulation Method, Method Chain, Strength-Aerobic Method, Organization of SST in Training And Block Learning System, SST Means Techniques and Programs for Acyclic Sports, SST , SST means methods and programs for cycling sports SST means methods and programs for sports games and combat sports, traditional SST exercises, used by high-level athletes, questions and answers about warm-up, bodybuilding program Ultra Mass, contribution of Yuri Verhoshansky in the development of sports science. The professor, who is mostly known to most Western readers as the Russian researcher who invented the Shock Method. Many coaches and sports scientists around the world, however, recognize J.Verhoshansky as a prominent figure in the field of explosive force training, one of the greatest experts in sports training theory, whose ideas have been implemented and expanded as: methodology of special strength training and special physical training, long delay of training effect, conjugation-sequence system training and the block of the training system (known in the West as the block of periodicization). For several sports training experts, he is known as the first scientist to apply physiology adaptation in theoretic analysis of the sports training process. Some training experts also know that more than 20 years ago he introduced a new approach to planned learning Programming Learning based on the then innovative methodology, which is now known as system analysis and design and structured modeling processes. A special strength training practical guide for coaches from one of the leading sports scientists in history comes this milestone and the final monument to his brilliant and brilliant career. Coaches Guide is the most cutting edge and exhaustive work of its kind. It contains all the necessary guidelines for understanding and using special strength training, method, stimulation method, contrast method, chain method, and strength of aerobic method. Figuring out the justification for the Special Special Training and its application within the unit training system is processed in a very clear and concise approach. In addition, the practical use of SST in acyclic, cyclical, athletics, as well as team and combat sports. Also included is the most intelligent approach to warm-up and Ultra Mass's own program for bodybuilders. It tells about the full history of the author's career and about many contributions to this area. This book will prove to be the most important tool in the arsenal of the best coaches in the world. To suggest that this book was confusing would be an extreme sub-statement. It took much more than some time to read it. I thought Mel Siff's supertraining was a challenge, but this book met or topped that one on a difficult scale. However, another one of Louis Simmons chooses. so the difficulties aside, you can't go wrong. Some of the problems associated with getting through this opus of the late Yuri Verhoshansky included: Indefinite (... and change) abbreviations Doubtful translations into English Constant use of generally esoteric scientific terms and language highly, HIGH, no ... INCREDIBLY HIGH LEVEL Technical/Academic Writing Style Is a 291 page book, and my notes on this work are only a total of 65 pages. As hard as it was to get through this book, it was worth every page. Some of the highlights include: Understanding the science behind the elite, proven techniques specifically build power (work/time) to achieve excellence in any sporting movement The importance and effectiveness of developing special strengths such as explosiveness, starting and accelerating force, etc. (and exactly how) The principle of dynamic correspondence and what an incredible tool to improve in any sport the proven value of free weights in relation to other forms and types of resistance This gem - Studies have shown (for optimal sporting results) that the greatest increase in maxim Dynamic (overcoming) strength was achieved using a combination of the following: 80% Overcoming 10% Static 10% Conceding Practical Understanding and Instructions for the Application of Concentrated Boot and Long Delaying Learning Effect Principle of Unidirectional Training for Optimal Results Elegant Explanation of Facebook as a common adaptation syndrome (Hans Selye) works for the greatest success of resistance training. Specifically, the importance of training organization to optimize the athlete's current adaptive reserve (CAR) vitality/importance of special training of each person against groups, for the optimal success of each person The importance of strength training to improve the anaerobic threshold in cycling sports. Pick up here - even long-distance runners should force the train's exceptional scientific analysis analysis including findings such as optimal body temperature of 39-39.5 degrees Celsius and optimal pulse of 132 to 138 beats per minute. The minimum warm-up time of 20 minutes to generally reach these levels among other details provide enlightenment on how to properly tackle the warming uping athlete tool window specific programs for all sports, facilities (exercises) and techniques; the sheer volume and detail of which is an incredible understanding of the general understanding on maxims of strength training (even if expressed waaaaay more on the side of science and academia), as reported by other teachers and leaders in the industry including Louis Simmons, Zazirsky, Kurtz, Rippetoe, Siff, etc., even if taught somewhat differently by each of them. One of the most powerful examples of such so-offs is the idea of always using a complex form of training for beginners. This means a short full body, frequent workouts, 3 times a week to deliver the fastest, best results. When beginners get results that meet or exceed their expectations, usually don't quit smoking. First of all, this book provides additional confidence that (very carefully) dispensed with the tips we provide to our gym members, especially beginners, are truly exceptional, proven and from the best sources. Sources.