



# Science of Sports Training: How to Plan and Control Training for Peak Performance

By Thomas Kurz

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## Science of Sports Training: How to Plan and Control Training for Peak Performance By Thomas Kurz

The purpose of sports training is to achieve the highest possible sports result (for a given individual). Training is efficient if this result is achieved with a minimal expenditure of time and energy. In accordance with the above statements, Science of Sports Training tells the reader how to achieve maximal results with minimum of effort.

This book contains the sports training know-how of internationally known training specialists you can use to improve your speed, strength, power, endurance, coordination, and flexibility, as well as technical and tactical skills, while avoiding overtraining and injuries.

- Apply time- and energy-saving methods in your training.
- Master your techniques faster, react quicker, last longer, and prevent injuries.
- Improve your speed, strength, endurance, and coordination.
- Integrate physical training with mental training.
- Learn how and when to apply means of recovery.
- Learn how to integrate nutrition with training for best results.
- Learn how to plan and control sports training from workout to workout, week to week, month to month, and year to year so as to get the best results with minimum time and energy expenditure.

The principles and methods explained in this book are illustrated by examples from several sport disciplines (track and field, swimming, boxing, wrestling, gymnastics, and ball games), and are easily applied in every sport. Further, these examples are presented in such a way as to make it easy to apply the conclusions to any other sport.

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### Editorial Review

#### From Library Journal

Kurz, author of *Stretching Scientifically* (Stadion, 1987), presents a manual of East European training principles to elite athletes of the West. His nine chapters give an excellent overview of training for the development of speed, strength, flexibility, psychological preparation, recovery, and the testing and monitoring of skills. His text is logically organized and well indexed, but the prose contains some awkward phrasing and missing articles and would have benefited from additional illustrations. Kurz does not cover the basic exercise physiology or the fundamentals of physical training that Jack H. Wilmore does in *Athletic Training and Physical Fitness* (Allyn & Bacon, 1977), nor does he specify training regimens for individual sports. Still, this unique title is recommended for collections in physical education, coaching, and athletic training in academic and large public libraries.

- Sandra Math, St. John's Univ. Lib., Staten Island, New York

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#### From Scientific American

**Science of Sports Training** explains the Eastern European principles and methods of sports training that lead to individual peak performances without resorting to harmful or illegal methods such as doping. A key principle to achieving peak performances is the development and control of the athlete's own rational individualized training regimen. Kurz describes the optimum sequence of types of exercises in a workout, in a weekly cycle of workouts, or for longer periods, carefully explaining the physiological basis for the sequence.

#### From [The New Yorker](#)

Three items from Tom Kurz, athlete, instructor, coach, and graduate of the University School of Physical Education in Warsaw, Poland: a videotape **Secrets of Stretching**, and two books: **Stretching Scientifically** and **Science of Sports Training**. Tom presents a uniquely Eastern European look at this practical subject matter. The video chiefly focuses on the exercises and techniques necessary to achieve a dramatic full split position, while the books emphasize the technical aspect of stretching and sports training, with considerable emphasis on strength training and periodization... Substantial application to the interests of a serious student of the strength sports.

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##### Rachel Louviere:

In this 21st millennium, people become competitive in each way. By being competitive right now, people have to do something to make these individuals survive, being in the middle of the particular crowded place and notice by means of surrounding. One thing that occasionally many people have underestimated it for a while is reading. Yeah, by reading a e-book your ability to survive increase then having chance to stand up than other is high. To suit your needs who want to start reading any book, we give you this *Science of Sports Training: How to Plan and Control Training for Peak Performance* book as nice and daily reading guide. Why, because this book is greater than just a book.

**Mary James:**

The knowledge that you get from Science of Sports Training: How to Plan and Control Training for Peak Performance could be the more deep you excavating the information that hide into the words the more you get thinking about reading it. It doesn't mean that this book is hard to recognise but Science of Sports Training: How to Plan and Control Training for Peak Performance giving you excitement feeling of reading. The writer conveys their point in selected way that can be understood by means of anyone who read the item because the author of this guide is well-known enough. This book also makes your personal vocabulary increase well. That makes it easy to understand then can go along, both in printed or e-book style are available. We suggest you for having this kind of Science of Sports Training: How to Plan and Control Training for Peak Performance instantly.

**Gwendolyn Smith:**

A lot of people always spent their free time to vacation or even go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity honestly, that is look different you can read any book. It is really fun to suit your needs. If you enjoy the book you read you can spent the whole day to reading a reserve. The book Science of Sports Training: How to Plan and Control Training for Peak Performance it is extremely good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In case you did not have enough space to deliver this book you can buy the particular e-book. You can more easily to read this book from a smart phone. The price is not very costly but this book has high quality.

**Jessica Hurst:**

People live in this new day time of lifestyle always aim to and must have the spare time or they will get large amount of stress from both day to day life and work. So , whenever we ask do people have extra time, we will say absolutely of course. People is human not only a robot. Then we request again, what kind of activity do you possess when the spare time coming to you actually of course your answer can unlimited right. Then ever try this one, reading ebooks. It can be your alternative with spending your spare time, the book you have read is usually Science of Sports Training: How to Plan and Control Training for Peak Performance.

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