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High-Performance Sports Conditioning

Bill Foran

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Today's athletes are breaking records that many thought were untouchable—in large part due to the major advances in sports training. *High-Performance Sports Conditioning* combines these superior modern methods with sample training programs, workouts, and drills to serve as the only conditioning guide you'll need this season.

This landmark book presents the principles and practices of this new era of athletic training in the most thorough and useful text ever of its kind. The first step in building a conditioning program is testing and building up the nine essential fitness components including power, strength, speed, quickness, coordination, agility, flexibility, local muscular endurance, and cardiovascular aerobic capacity and endurance. Next you tailor the training exercises and drills to the development of sport-specific performance factors. Then you periodize the training program precisely for peak performance at critical points in the competitive season, and if necessary, use a safe and effective reconditioning regimen to bring an athlete back from injury.

High-Performance Sports Conditioning brings together 22 of the finest and most respected contributors ever assembled for a sports conditioning guide. The strength and conditioning coaches for the Cleveland Indians, Vancouver Canucks, Miami Heat, Seattle Seahawks, Tampa Bay Mutiny, United States Olympic Training Center, and other top sports organizations share their best drills and workouts for developing full athletic potential in 11 sports. Internationally acclaimed experts such as Don Chu on power, Mark Verstegen on coordination and agility, and Tudor Bompa on periodization provide the very best information and insights in their respective areas of training.

The revolutionary training system found in *High-Performance Sports Conditioning* reveals the future of athletic strength and conditioning and will be the training bible for coaches and athletes for many seasons to come.

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