



Altitude Training and Athletic Performance

Randall Wilber

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For many years, the effect of altitude training on athletic performance has been a topic of interest among coaches, athletes, and sport scientists. *Altitude Training and Athletic Performance* condenses the latest scientific information into a single, practical source.

Randall L. Wilber, PhD—a sport physiologist at the U.S. Olympic Training Center in Colorado Springs, Colorado—is well qualified to address the physiology of altitude training, limitations to competing and training at altitude, and a host of other popular topics.

Everything you need to know about altitude training and its effect on athletic performance is here. The book provides a complete historical overview of the development of altitude training from the successes and problems that athletes encountered at the 1968 Mexico City Olympics—where current interest in altitude training originated—right up to today's most effective and innovative training techniques.

Altitude Training and Athletic Performance combines a wealth of recent scientific research, as well as the latest training principles and program strategies in one of the most complete and useful texts available on the subject.

The book's practical applied section describes for serious coaches and athletes the how-tos of training and competing at altitude, improving performance, and minimizing health risks and discomfort. *Altitude Training and Athletic Performance* is a great resource for those seeking coverage of state-of-the-art training strategies such as the “live high–train low” training approach, the “nitrogen house,” supplemental oxygen, and simulated altitude in chambers and tents.

This fascinating book is a thorough review and reference for students and sport scientists. It's also a valuable guide for coaches and athletes who include altitude training in their overall training program. One of the few books devoted entirely to the subject, *Altitude Training and Athletic Performance* provides cutting-edge scientific information and practical applications pertinent to this interesting and controversial training method.

From reader reviews:

Robert Stewart:

Now a day people who Living in the era exactly where everything reachable by connect with the internet and the resources included can be true or not call for people to be aware of each data they get. How individuals to be smart in obtaining any information nowadays? Of course the reply is reading a book. Reading a book can help persons out of this uncertainty Information specifically this Altitude Training and Athletic Performance book because book offers you rich information and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it you may already know.

David McKenney:

Reading a book tends to be new life style in this era globalization. With studying you can get a lot of information which will give you benefit in your life. Having book everyone in this world could share their idea. Textbooks can also inspire a lot of people. Plenty of author can inspire all their reader with their story or even their experience. Not only the storyplot that share in the guides. But also they write about the ability about something that you need illustration. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors on this planet always try to improve their skill in writing, they also doing some research before they write to their book. One of them is this Altitude Training and Athletic Performance.

Robert Wolfe:

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book you read you can spent the whole day to reading a guide. The book Altitude Training and Athletic Performance it doesn't matter what 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 bringing this book you can buy often the e-book. You can m0ore simply to read this book from your smart phone. The price is not to fund but this book provides high quality.

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