

Tapering And Peaking For Optimal Performance By Iñigo Mujika

By Iñigo Mujika

with the objective of providing coaches with information to help them make informed decisions on how to create an optimal taper Peaking during a taper

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Aug 30, 2011 USA Triathlon High Performance

2010 USATF National Podium Education Project. Wednesday, December 1, Inigo Mujika. With an emphasis on Tapering and Peaking for Optimal Performance.

Inigo Mujika - "Tapering and peaking for optimal I will leave some interesting quotes that are related to tapering for optimal performance by I. Mujika;

Peaking for optimal performance: Research limitations and future directions. together with the influence of prior training on optimal tapering strategies,

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I igo Mujika, author of Tapering and Peaking for Optimal Performance, shares information about his book and personal experiences working with athletes.

I igo Mujika earned Ph.D.s in Biology of Muscular Mujika is widely considered one of the most respected experts on tapering and peaking for optimal performance.

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The Art & Science Of Peaking fatigue equals peak performance. According to I igo Mujika, author of Tapering and Peaking for Optimal Performance and coach

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igo Mujika is the author of Tapering and Peaking for Optimal Performance (4.25 avg rating, 4 ratings, 1 review, published 2009), igo Mujika s Followers.

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