

Tapering And Peaking For Optimal Performance By Iñigo Mujika

By Iñigo Mujika

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Book information and reviews for ISBN:9780736074841, Tapering And Peaking For Optimal Performance by I igo Mujika.

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Tapering and Peaking for Optimal Cycling The basis of the training structure for the Peak period is to simulate the intensity of a portion of the

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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I igo Mujika, author of Tapering and Peaking for Optimal Performance, discusses how to effectively use tapering within a training program.

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

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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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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Tapering and Peaking for Optimal Performance offers in-depth discussion of the science, I igo Mujika, PhD, is a lecturer in the department of physiology,

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