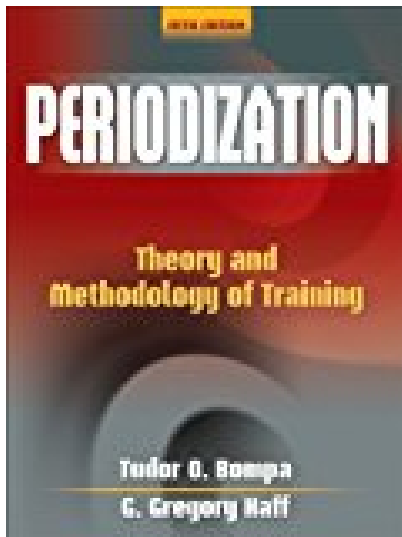


Periodization-5th Edition Theory and Methodology of Training



BOOK DETAILS

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BOOK SYNOPSIS

Presents how to vary the intensity and volume of training to optimize the body's ability to recover and rebuild, resulting in better performance and less risk of injury.

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