



Sports Training Principles

Dr. Frank W. Dick O.B.E.

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Written by world renowned coach and President of the European Athletics Coaches Association, Frank Dick, *Sports Training Principles* is the ultimate reference on training theory and practice for all coaches responsible for developing athletes to fulfil their performance potential.

It covers: anatomy and basic biomechanics; energy production systems; psychology, learning procedures and technical training; performance components - strength, speed, endurance and mobility; training cycles, periodization, adaptation to external loading and coaching methods.

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