



# Advanced Sports Training

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## **Advanced Sports Training:**

**Principles and Basics of Advanced Athletic Training** Vladimir Issurin, Michael Yessis, Ultimate Athlete Concepts, 2008

**Advanced Sports Conditioning for Enhanced Performance** IDEA Health & Fitness, 2002     Advanced Sports

Nutrition Dan Benardot, 2020-07-21 Use the most sophisticated sports nutrition information to help you reach your athletic performance goals In *Advanced Sports Nutrition Third Edition* world renowned sports nutritionist Dr Dan Benardot combines the latest research strategies and sports nutrition information with his experience in academia and work with elite athletes to help you learn the following The implications of relative energy deficiency in sport RED S and within day energy balance so you can maintain crucial energy balance throughout training and competition Optimal ratios and quantities of nutrients vitamins and minerals for achieving maximum power strength and performance How to avoid gastrointestinal distress during activity The most popular supplements and their effects on your athletic performance Strategies for balancing fluid and electrolytes to avoid dehydration and hyperhydration How to combat the effects of travel such as jet lag new foods sleep disruption and high altitude Weight loss and body composition issues so you can apply appropriate strategies to achieve the optimal strength to weight ratio for your sport Sport specific guidelines for power sports endurance sports and those that require both power and endurance To further assist you in distilling the science into practice you ll find 13 practical nutrition guides in the appendix Curious about pregame nutrition hydration high carb snacks or macronutrient intake These quick reference sheets help you easily apply the principles to your own nutrition plan With *Advanced Sports Nutrition Third Edition* you get practical advice for how best to put nutrition science to work for you Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam     **Directory of Training Courses for Recreation Leaders** Russell Sage Foundation. Department of Recreation, 1928     *Advanced Sports Nutrition* Dan Benardot, 2021 *Advanced Sports Nutrition Third Edition* offers research based nutrition guidance for the athlete It covers nutrition sources fueling strategies for optimal performance factors affecting nutrition needs and plans for athletes in power endurance and combined power and endurance sports

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