



Periodization in Rugby

By Tudor Bompá, Frederick Claro

Meyer & Meyer. Paperback. Book Condition: new. BRAND NEW, Periodization in Rugby, Tudor Bompá, Frederick Claro, Rugby, as with most other team sports, is a game of technical finesse, tactical boldness, and refined and complex physical development. "Periodization in Rugby" addresses one of the most crucial elements of the sport - physical conditioning. Utilizing the revolutionary training techniques developed by Tudor Bompá - the father of modern sports periodization - this superb volume presents readers with proven training principles, an overview of the fundamentals of rugby, and an explanation of the physiological demands of the sport and how they impact on training. It also features short term and annual training plans, with numerous drills and exercises to improve the skills of all players, as well as expert tips on recovery and nutrition.



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