

THE BOOK

As most other team sports, rugby is a sport of technical finesse, tactical boldness, and refined and complex physical development. In this book, only one, but the crucial element of this sport will be addressed, namely the physical conditioning. This topic represents the foundation of all the other elements of the game.

To keep this book as practical as possible, it not only deals with the general periodization of rugby biomotor abilities such as strength, power, speed or endurance, but it also addresses its specific application to the positions played within a team.

The fundamentals of rugby are also discussed to better suggest a periodized plan for the training development, which in turn will optimize players' and teams' potential for peak performance.

The book also reviews practical applications of the periodization process and suggests short and long term plans and drills samples for training leading to the actual performance optimization for the competition. The nutrition and recovery strategies are studied in the last segment of the book to provide players and coaches with a blueprint for achieving the best recovery during and between training sessions, as well as between the games during the competition phase of the plan.

THE AUTHORS

Tudor O. Bompa, PhD, Professor Emeritus, York University, Toronto, Ontario, and founder of the Tudor Bompa Institute (TBI) is considered by many as the father of modern sport periodization and is regarded worldwide as the leading specialist in the areas of training, coaching and fitness theory, to which he has contributed several new concepts.

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PERIODIZATION IN RUGBY

BOMPA · CLARO



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SPORT

Periodization in Rugby

Tudor Bompá & Frederick Claro

Periodization in Rugby



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