

# Download Theory And Methodology Of Training The Key To Athletic Performance

Challenges in Understanding the Influence of Maximal Power Training on Improving Athletic Performance  
Contents Training periodisation. An obsolete methodology? – Written by Irineu Loturco and Fabio Y. Nakamura, Brazil . GENERAL CONCEPT. Periodisation is probably the most important and fundamental concept in sports training. This article presents a hypothetical dialogue between a notational analyst (NA) recently schooled in the positivistic assessment of athletic performance, an ‘old-school’ traditional coach (TC) who favours subjective analysis, and a pragmatic educator. It is the position of the Academy of Nutrition and Dietetics (Academy), Dietitians of Canada (DC), and the American College of Sports Medicine (ACSM) that the performance of, and recovery from, sporting activities are enhanced by well-chosen nutrition strategies.