



Science of Sport: Sprinting

Geoffrey GK Platt

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The Science of Sport: Sprinting examines the scientific principles that underpin the preparation and performance of athletics at all levels, from grassroots to Olympic competition. Drawing on the expertise of some of the world's leading coaches and sport science professionals, the book presents a detailed analysis of the latest evidence and explores the ways in which science has influenced, and subsequently improved, the sport of sprinting. By providing an overview of the principles of sport science and how these are applied in practice, the book is essential reading for students and academics, coaches and performers, physiotherapists, club doctors and professional support staff working in the sport. Key topics covered include: talent identification and youth development; biomechanics; performance analysis; coaching and coach education; training methods; fitness testing; nutrition; mental skills; incidence and treatment of injuries; performance lifestyle. Fully illustrated with 150 colour images and diagrams.

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