



POLAR 92 x

Polar 92x Manual

Michael Brown



Polar 92x Manual:

Technical Manual United States. War Department, 1946 **Advances in Carbohydrate Chemistry and Biochemistry**, 1988-02-01 *Advances in Carbohydrate Chemistry and Biochemistry* *The Publishers' Trade List Annual*, 1953 Fundamentos del entrenamiento deportivo José María González Ravé, Fernando Navarro Valdivieso, Manuel Delgado Fernández, José Manuel García García, 2010-08-12 Este libro se ha escrito por un motivo fundamental actualizar y recoger la síntesis de todos los aspectos más relevantes en cuanto al entrenamiento deportivo y su verificación científica ya que muchos de los conceptos que han sido publicados en torno a ella por los grandes metodólogos del entrenamiento provienen en la mayoría de los casos de la especulación y la propia práctica empírica lo que otorga a una baja credibilidad a estos trabajos salvo por el hecho que dichas prácticas empíricas han proporcionado numerosas medallas en Campeonatos del Mundo y Juegos Olímpicos El reto merece a la pena tres años de reflexión y redacción de este leyendo viendo los últimos trabajos científicos que merecían ser incluidos revisión y crítica por parte de Fernando y Manolo todo ello hace que cada capítulo haya tenido un tratamiento y un cuidado especial por parte de cada uno de nosotros Por otro lado el trabajo en el Laboratorio de Entrenamiento Deportivo evaluando deportistas y las amenas conversaciones con sus entrenadores siempre llegaban al mismo punto hay que actualizar los conocimientos en torno al entrenamiento deportivo Todo ello quedaba ratificado por las demandas de los estudiantes de doctorado que una y otra vez nos reclamaban alguna publicación que fusionara los conceptos entrenamiento e investigación desde una perspectiva más actualizada Desde estas líneas quiero agradecer el esfuerzo que Manuel Delgado Fernández PROFESOR con mayúsculas sí de la Universidad de Granada ha hecho para mí siempre ha sido un placer y un honor inmerecido trabajar a su lado y me permite la libertad de destacar en este prólogo no solo su profesionalidad y honestidad sino también su humanidad y buen hacer que es mucho mayor que su capacidad científica Dentro de las Ciencias del Deporte el Doctor Manuel Delgado constituye un referente muy importante para muchos de nosotros La otra persona que forma parte de la redacción de alguno de los capítulos del texto que tienen en sus manos es un gran MAESTRO el profesor Fernando Navarro con el cual he compartido la asignatura Teoría y Práctica del Entrenamiento Deportivo en la Facultad de Ciencias del Deporte de Toledo hasta hoy Creo que su trayectoria y currículum profesional es sobradamente conocido por aquellos que pertenecemos al mundo de las Ciencias del Deporte por lo tanto no voy a tratar de resumir ni destacar nada porque probablemente olvidar a muchas cosas lo cual sería imperdonable para mí Además una trayectoria tan dilatada y exitosa como la suya me permite afirmar que sus aportaciones han sido valiosísimas para que este libro adquiriera consistencia científica Mención aparte merece el capítulo de fuerza Nano el Dr. José Manuel García casi toda la vida dedicada al deporte como practicante y como entrenador y siempre investigando en el ámbito de la fuerza un investigador como él merece a que nos impregnara de su sabiduría en torno a esta cuestión en la que es un experto cualificado y creo que ha dado en este libro una lección Pero volviendo al libro que tienen en sus manos cuando vean el índice verán que

tiene dos partes bien definidas la primera establece los fundamentos conceptuales del entrenamiento deportivo desglosado en los siguientes apartados En primer lugar hablaremos como no pod a ser de otra forma del origen hist rico del entrenamiento a continuaci n definiremos conceptualmente el entrenamiento deportivo la desglosaremos en sus componentes m s importantes y la analizaremos desde una perspectiva sist mica y procesual Posteriormente veremos los conceptos de carga adaptaci n y principios de entrenamiento y continuaremos analizando la periodizaci n del entrenamiento deportivo la investigaci n en este mbito y veremos finalmente el cap tulo dedicado al control del entrenamiento deportivo La segunda parte desarrolla la metodolog a del entrenamiento de dos capacidades de prestaci n deportiva velocidad y fuerza Esperemos que los contenidos que desarrolla el libro satisfaga las expectativas de los entrenadores estudiantes de grado y doctorado relacionados con la actividad f sica y el deporte realmente es lo que se ha pretendido hacer desde el primer p rrafo

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