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**Integrated  
Periodization In  
Sports Training  
Athletic  
Development  
Combining  
Training  
Methodology  
Sports  
Psychology And  
Nutrition To  
Optimize  
Performance By  
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training theory contains five  
chapters that delve into the  
major concepts central to  
training such as the  
concept of bioenergetic  
specificity of training*

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*chapter 1 the importance of  
long term training  
development chapter'*

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mean periodization is  
defined as the long term  
cyclic structuring of training  
and practice to maximize  
performance to coincide  
with important petitions 1  
simply it is the program  
design strategy that  
governs planned

systematic variations in  
training specificity intensity  
and volume"integrated  
periodization in sports  
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integrated periodization  
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athletic development  
considers the large  
problem of training  
specialists working in  
isolation and builds a  
case for integrated  
periodization as  
conceived by tudor  
bompa this book on  
periodization is the first  
of its kind to bine the  
concepts of training  
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in the discussion on  
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development models an  
essential variable in

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coaching provision and  
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**development system  
foundation and  
participation s elite sport  
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in sports training***

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specific theory and  
methodology historically  
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formally derived  
differentiating it from the  
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of long term athlete  
development and training  
in principle sports can be  
classified as either early  
specialization or late  
specialization sports  
balyi and hamilton 1999  
early specialization  
refers to the fact that  
some sports such as  
gymnastics rhythmic  
gymnastics figure  
skating diving and table  
tennis require early sport  
specific specialization in  
training'**

**'integrated periodization  
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**summary training  
variation and  
periodization is widely  
acknowledged as crucial  
to optimizing training  
responses applying  
periodized planning to  
team sports poses  
unique challenges due to  
the'' *periodization of  
psychological  
preparation within the*  
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paper the integration of pp  
within the training phase is  
discussed and described  
by the periodization  
principle the periodization  
of biofeedback training as  
applied in the learning  
modification application  
approach framework and  
the transfer of learned  
psychological skills to the  
field while using the  
simulation training  
programme has proven to  
be effective while working  
with elite'***

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considers the large  
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specialists working in  
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**integrated periodization allows the coordinated inclusion of multiple training ponents best suited for a given training phase into an athlete s program the aim of this article is to review the available evidence underpinning integrated**

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**periodization focusing on  
exercise training  
recovery nutrition  
psychological skills and  
skill acquisition as key  
factors by which athletic'**

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**hybrid approach of  
implementing training  
concepts from modern  
training theory as well as  
recognizing the real  
world limitations of  
classical periodization is  
currently a best practice  
a program builder allows  
coaches the ability to  
make programming  
changes on the fly  
balancing the limitations  
of an athlete s in and out  
of season schedule with  
in person and remote  
training sessions'**

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**author of two textbooks  
nine educational  
monographs and more  
than 35 textbook  
chapters and peer  
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factors by which athletic  
preparation can be  
periodized'

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season of training thus is  
not an annual training plan  
for example some sports  
such as swimming or  
boxing can contain multiple  
seasons or macrocycles  
over the annual calendar  
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periodization has

traditionally focused on the

exercise aspect of athletic

preparation while

neglecting the integration

of other elements that can

impact an athlete s

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