

Practical Programming for Strength Training

By Mark Rippetoe, Lon Kilgore

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Practical Programming offers a different approach to exercise programming than that typically found in other exercise texts. Based on a combined 60+ years of academic expertise, elite-level coaching experience, and the observation of thousands of novice trainees, the authors present a chronological analysis of the response to exercise as it varies through the training history of the athlete, one that reflects the realities of human physiology, sports psychology, and common sense. Contrary to the one-size-fits-all models of periodization offered elsewhere, Practical Programming explains the differences in response to exercise commonly observed between athletes at the novice, intermediate, and advanced levels, explains these differences in the context of the relevant exercise science, and presents new training models that actually work for athletes at all levels of experience. Complete with new, innovative graphical representations of cutting-edge concepts in exercise programming, Practical Programming is sure to become a standard reference in the field of exercise and human performance. Contributor: Glenn Pendlay

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Practical Programming for Strength Training By Mark Rippetoe, Lon Kilgore Bibliography

- Sales Rank: #994469 in Books
- Published on: 2006-09-29
- Number of items: 1
- Binding: Paperback
- 288 pages

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Editorial Review

Review
"Common Sense brings the Popular Mythology of Strength Training down a couple of well-deserved notches." -- *Mike Lambert, Editor Powerlifting USA*

About the Author
Mark Rippetoe, CSCS is the owner and general manager of Wichita Falls Athletic Club, CrossFit Wichita Falls, and Performance Sports Conditioning. He has 25 years experience in the fitness industry and 10 years experience as a competitive powerlifter. He has coached athletes in barbell and strength sports since 1980. He was in the very first group to sit for the NCSA's Certified Strength and Conditioning Specialist exam in 1985, and has been continuously certified since then. He was certified by USA Weightlifting as a Level III Coach in 1988, and currently holds the Senior Coach certification, as well as the USA Track and Field Level I certification. He has coached numerous national level strength competitors, NCAA athletes, and many thousands of people interested in improving their health and strength. Author of a classic strength training text, Starting Strength, he has also written articles for a variety of professional and strength sport magazines.

Lon Kilgore, Ph.D. is an associate professor of Kinesiology at Midwestern State University (USA) where he teaches exercise physiology and anatomy. He has held faculty appointments in Exercise Science at Warnborough University (UK) and in Kinesiology and Kansas State University. He has authored and co-authored four textbooks and numerous research articles on the biology of exercise. A nationally ranked weightlifter from age 13, he has extensive practical experience as an NCAA strength coach and as coach of international caliber competitive weightlifters. He is a coaching certification instructor for all levels of USA Weightlifting's coaching development system and has been a member or Chair of the USAW Sports Science Committee for 9 years. He was also a primary proposal author and researcher on the USOC Weightlifting Performance Enhancement Team project and is also a member of the Board of Certification for the American Society of Exercise Physiologists.

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