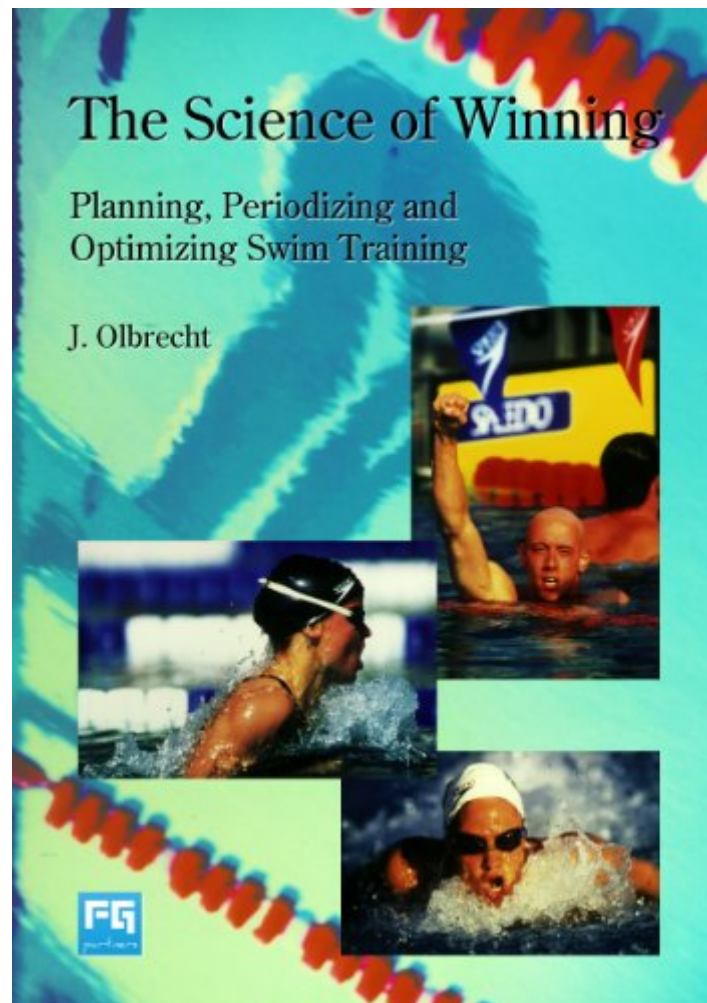




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# The Science Of Winning: Planning, Periodizing And Optimizing Swim Training



## Synopsis

It's very rare that a book can mean so much for professional sporting; Prof. Dr. Jan Olbrecht's book does! - He has a Ph. D. in physiology and biomechanics and is training adviser to numerous world class athletes - His method is based upon careful planning and a unique method of lactate testing to assess and optimize the athlete's conditioning and potential - His book should be considered as a manual for the modern coach who wants to know before planning and periodizing what kind of conditioning adaptations he may expect - It provides knowledge and shares experience in a very understandable and applicable to every training situation - It advances some new important concepts, most notably that training at anaerobic threshold speeds is not the most effective way to improve aerobic endurance and that aerobic and anaerobic metabolism must be developed to optimum, not maximum, levels in order to perform well in competition. (Based on refined outcomes following a re-analysis of the characteristics of anaerobic capacity exercises, some changes have been made regarding their description for long distance swimmers in comparison with previous publications (see Classification of Training Exercises).

## Book Information

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## Customer Reviews

For coaches of endurance athletes, or serious self-coached endurance athletes, *The Science of Winning* provides deep and easily understood analysis of what sort of approaches to training produce results. While the book focuses on swimming, with a little imagination you can translate the principles within to any other endurance sport. The ideas still apply, though you'll have to think more in terms of time than distance, given that Olbrecht generally specifies meters. Anyone who's spent even a small amount of time researching endurance physiology has no doubt come across scores of contradictions and ambiguity; Olbrecht acknowledges this and gives sensible definitions to the terms he uses throughout the book without being confusing. He gives solid scientific rationale for his thinking without getting too obscure or technical, and he can back up his recommendations with real-world success. That above all separates him from so many others: he can show you what various athletes did, and how it turned out for them, and then explain why certain things worked and others did not. It's just enough theory tempered with just enough empiricism. That's not to say he simplifies training, or pretends that any athlete will immediately benefit from the same approaches. He's quick to point out that everyone reacts differently to the (seemingly) same stimuli, and if you read the book in its entirety, you'll gain a better understanding of how to analyze data and react properly to what's going on. But rather than flood an athlete or coach with tons of data, he outlines which things are most important. Knowing what to focus on and why helps tremendously. Additionally, the book is loaded with great insights for developing a training plan, with intelligently devised periodization. Many people talk about periodization, but Olbrecht details exactly how to do it.

This book has a great deal of information about conditioning, recovery and periodization. It is specifically for swimmers, but anyone can project the information into their sport with a little effort. It is highly technical and not easy reading, but is well worth the price for anyone serious about training. The only issue I had with the book is the charts and diagrams do not scale with the zoom and are hard to read. There is no way to rotate the book in the PC version of the Kindle reader, and some of the diagrams are landscape, which also complicates extracting the information. Needs to add a rotate function to the PC reader! A Kindle is easy to turn on its side, not so much a desktop PC.... :) I hope the publisher reprints the book, I would buy a physical copy, too...

I've now read most of part 1: Very interesting book that gives valuable information an insight into training planning and adaption. The author is clearly very found of lactate testing. However the book

does not provide the new way, and according to the author, better way of lactate testing interpretation, and states that in 40% of the cases in the classical interpretation the advice given based on the results will be wrong. This was a bit disappointing.

I am a cycling coach. The book is extremely interesting and opened a whole new world of coaching methods to me. I wasn't aware of many of the concepts that the books discussed and think it gave me a huge boost in understanding different training methods. It would have been great if Jan could write a book like this about other endurance sport :-). Yet, it's not for the amateurs. The book is very technical and has a lot of graphs and relatively complicated concepts.

The information about lactate training/testing was the highlight for me, and I'm glad I picked this book up to learn more about the topic...it's not an easy read though as it's pretty technical. Not to dissuade anyone from reading it...but be prepared. I'd recommend this to the serious endurance athlete/coach wanting to know more about lactate training. Some of the figures in the Kindle edition were hard to read.

There is a wealth of information for a coach in a well presented manner. The only thing is an over reliance on lactate testing. Testing runners is not reliable according to Owen Anderson but I am not qualified to give nor have I seen evidence that says the same for swimming. In short the exercise physiology is universal but is slanted towards swimming. One cannot but learn a great deal from this text. Any coach can benefit from reading this work.

The book is very easy to understand and the diagrams are very clear. The way the book was divided makes it even more effective at helping coaches understand the science of coaching swimming. This should be a manual that every coach should and must have..

The book deals heavily with swimming but the principles can be applied to other endurance sports. I found it helpful in periodizing workouts.

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