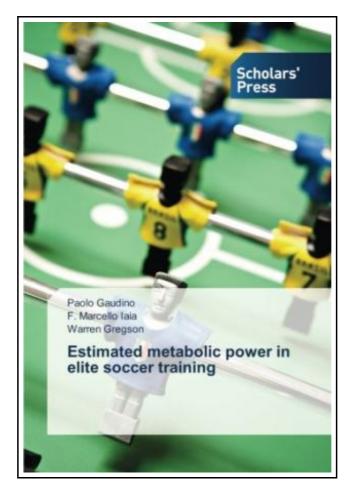
Estimated metabolic power in elite soccer training



Filesize: 1.43 MB

Reviews

This publication is very gripping and intriguing. It is among the most awesome book we have go through. You can expect to like how the author compose this book.

(Dr. Malika Bechtelar II)

ESTIMATED METABOLIC POWER IN ELITE SOCCER TRAINING



SPS Okt 2014, 2014. Taschenbuch. Book Condition: Neu. 220x150x5 mm. Neuware - A new method was recently proposed to estimate energy expenditure and metabolic power from acceleration and speed values. In the present investigation data were collected in training during the in-season period from 26 English Premier League outfield players using GPS technology. Distance covered at different speed categories and the number of acceleration and deceleration achieved were reported. By taking into account these parameters estimated energy expenditure and metabolic power were calculated. The high-intensity demands of soccer training are underestimated by traditional measurements of running speed alone, especially in central defenders, training sessions associated with less high-intensity activity and small small-sided games. Estimations of metabolic power better inform the coach as to the true demands of a training session or a particular drill. A detailed analysis of different drills based on metabolic power is pivotal in contemporary soccer as it enables an in depth understanding of the workload imposed on each player which consequently has practical implications for the prescription of the adequate type and amount of stimulus required during training. 80 pp. Englisch.



Read Estimated metabolic power in elite soccer training Online Download PDF Estimated metabolic power in elite soccer training

See Also



Psychologisches Testverfahren

Reference Series Books LLC Nov 2011, 2011. Taschenbuch. Book Condition: Neu. 249x191x7 mm. This item is printed on demand - Print on Demand Neuware - Quelle: Wikipedia. Seiten: 100. Kapitel: Myers-Briggs-Typindikator, Keirsey Temperament Sorter, DISG,...

Save ePub »



Programming in D

Ali Cehreli Dez 2015, 2015. Buch. Book Condition: Neu. 264x182x53 mm. This item is printed on demand - Print on Demand Neuware - The main aim of this book is to teach D to readers...

Save ePub »



The Java Tutorial (3rd Edition)

Pearson Education, 2001. Softcover. Book Condition: Neu. Gebraucht - Sehr gut Unbenutzt. Schnelle Lieferung, Kartonverpackung. Abzugsfähige Rechnung. Bei Mehrfachbestellung werden die Versandkosten anteilig erstattet. - Praise for "The Java' Tutorial, Second Edition" includes: "This book...

Save ePub »



Adobe Indesign CS/Cs2 Breakthroughs

Peachpit Press, 2005. Softcover. Book Condition: Neu. Gebraucht - Sehr gut Unbenutzt. Schnelle Lieferung, Kartonverpackung. Abzugsfähige Rechnung. Bei Mehrfachbestellung werden die Versandkosten anteilig erstattet. - Adobe InDesign is taking the publishing world by storm and...

Save ePub »



Have You Locked the Castle Gate?

Addison-Wesley Professional. Softcover. Book Condition: Neu. Gebraucht - Sehr gut Unbenutzt. Schnelle Lieferung, Kartonverpackung. Abzugsfähige Rechnung. Bei Mehrfachbestellung werden die Versandkosten anteilig erstattet. - Is your computer safe Could an intruder sneak in and steal...

Save ePub »



Sly Fox and Red Hen - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 148 mm. Language: N/A. Brand New Book. Sly Fox is hungry and he wants to catch and eat Red Hen. Armed with his

Read eBook »



The Monster Next Door - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Monster Next Door - Read it Yourself with Ladybird: Level 2, The Monster Next Door, George wants to be a monster, just like his neighbour

Read eBook »



The Three Little Pigs - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 150 mm. Language: English . Brand New Book. In this classic fairy tale, the three little pigs leave home and build their own

Read eBook »



Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: Win a Nut! (Hardback)

Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Alex Brychta (illustrator). 176 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UKs best-selling

Read eBook »



THE Key to My Children Series: Evan s Eyebrows Say Yes

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about

Read eBook »