



Discover the scientific aspects of tapering to maximize performance

Tapering and Peaking for Optimal Performance



Iñigo Mujika

Foreword by Miguel Indurain

©2009 • Paperback • 224 pp
ISBN 978-0-7360-7484-1
\$25.95 (\$31.95 CDN)

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The e-book is offered at a reduced price and allows readers to highlight and take notes throughout the text. When purchased through the Human Kinetics site, access to the e-book is immediately granted when the order is received.

E-Book: ISBN 978-0-7360-8545-8
\$15.00 (\$18.95 CDN)

**Available in
May 2009!**

Audiences: *A reference for exercise physiologists and exercise science professionals; a practical guide for coaches and athletes; a textbook for undergraduate and graduate students studying exercise physiology and performance and coaching.*

Tapering and Peaking for Optimal Performance is the first-ever book devoted to the subject presents current scientific data on tapering, its physiological and psychological effects, and how these effects relate to athletic performance. Featuring various training models and experiential knowledge, this book allows readers to design optimal tapering programs for each athlete.

Many tapering programs are developed by a trial-and-error process, often leading athletes to fall short of their optimal performance. In *Tapering and Peaking for Optimal Performance*, author Iñigo Mujika, one of the foremost researchers on tapering in sport, presents various models and explains current scientific data on tapering and its effects on physiological and psychological factors that support or hinder performance. Using this information, coaches, athletes, and sport scientists will be able to:

- Design optimal tapering plans specific to athletes and the competition.
- Set realistic performance goals for competition.
- Avoid negative outcomes associated with a deficient tapering program.

Readers will explore performance implications of tapering, examine tapering with the use of mathematical

models, and learn the unique aspects of tapering for team sports. Special elements with clear explanations of scientific data and performance information are provided to help readers grasp the theoretical concepts presented in the text. A running glossary also helps readers quickly define terms, and summary sections in each chapter provide quick reference and an overview of the content.

In part III of the book, readers will find sport-specific strategies for individual endurance sports, sprint and power events, precision sports, and team sports. By combining the experience-based knowledge of elite sport performers and coaches with performance data, athletes, coaches, and students will learn to create optimal tapering programs for every sport.

Tapering and Peaking for Optimal Performance is a powerful resource for athletes, coaches, and sport scientists to use in dealing with the important tapering period of a training program with increased confidence. By combining current scientific research with practical examples, this text presents the most complete look at tapering available, and it encourages further study of this vital and sometimes elusive aspect of training for success.

