

# Discover the scientific aspects of tapering to maximize performance

**Tapering** and **Peaking** for Optimal Performance



Iñigo Mujika Foreword by Miguel Indurain

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**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.

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### About the Author

Iñigo Mujika, PhD, is a sports physiologist at USP Araba Sport Clinic in Vitoria-Gasteiz, Basque Country, and an Associate Professor at the Department of Physiology, Faculty of Medicine and Odontology, at the University of the Basque Country. Previously, Mujika was also the head of the department of research and development at the Spanish professional football team Athletic Club Bilbao, Basque Country. As a researcher, sport science practitioner, and coach, Mujika is widely considered one of the most respected experts on tapering and peaking for optimal performance.

Since 1992, Mujika has been devoted to the research of

### tapering and peaking for sport performance. He has published over 20 peer-reviewed scientific articles, 6 book chapters, and 10 other publications on tapering-related issues. He has also presented nearly 70 lectures on tapering at conferences and seminars worldwide.

From 2003 to 2004, Mujika was senior physiologist at the Australian Institute of Sport. In 2005, he worked as physiologist and trainer of the professional road bicycle racing team Euskaltel Euskadi. He is also a coach of world-class triathletes, having coached Olympians Ainhoa Murua to Athens 2004 and Beijing 2008, and Eneko Llanos to Athens 2004.

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