

Westside Barbell
Louie Simmons
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Building The Modern Athlete

By Vladimir Issurin (Book Review)

Building The Modern Athlete is a collection of vital information to guide the coach to set not only programming for periodization by general guidelines but to provide a multi yearly plan for many sports.

It covers all forms of strength training from Maximal Effort, Speed Strength, Explosive Strength and how they interact to each other from the first early years of training to the plashed athlete meaning normally 19-21 years of age to Restoration and Adaptation and much, much more.

You will learn the difference between general, special and sports specific athlete preparation. The guidelines for a Accumulation, Transmutation leading to the period of Realization of how strength training plays a large role on endurance. Issurin looks at gender differences in the response to training aimed at maximal performance and provided thoughts of how to find sports talent for the future.

This is one of my favorite books,

Louie Simmons