



Elite Youth Cycling

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editor

Monografía

Elite Youth Cycling showcases the latest cutting-edge research in youth cycling performance. Covering both endurance and sprint cycling events, the book explores the effect of cycling on the maturation of the body from childhood to adolescence, suggests long-term training and nutritional strategies for young athletes, and discusses issues such as injury prevention, long-term athlete health, and body image in endurance cyclists. Divided into sections on growth and maturation, training and testing, sports medicine and nutrition, and coaching and psychology, the book includes chapters on: Muscle, bone and cardiopulmonary development of young cyclists Performance assessment in the laboratory and on the track Longitudinal training strategies and concurrent strength training Overuse injuries and injury prevention Nutrition and ergogenic aids Personal and psychosocial development Including directions for future research in each section, Elite Youth Cycling is an authoritative and comprehensive anthology of the latest research in youth cycling. It is vital reading for any physiologist, psychologist, strength and conditioning coach or sport therapist working with young cyclists, and any academic researching youth sport and the development of young athletes

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Contenido: 1. Muscle and Bone Development -- --Klaus Wirth, Christoph Mickel, Hagen Hartmann, and Michael Keiner -- 2. Cardiopulmonary Development -- --Tim Takken and Brynmor C. Breese -- 3. Aerobic and Anaerobic Metabolism -- --Melitta A. McNarry and Alan R. Barker -- 4. Performance Assessment in Laboratory and Field Conditions -- --Chris Abbiss, Jeremiah Peiffer, and Paolo Menasp -- 5. Longitudinal Training Strategies -- --Paolo Menasp and Chris R. Abbiss -- 6. Concurrent Strength Training -- --Bent R. Rnnestad -- 7. Training with Power Meters -- --Alfred Nimmerichter -- 8. Overuse and injury prevention -- --Michael Cassel, Josefine Stoll, Monique Schugardt, and Frank Mayer -- 9. Nutritional Needs and Ergogenic Aids -- --Michael J. Saunders and Daniel A. Baur -- 10. Psychological and Behavioral Determinants of Sport Participation and Performance in the Young

Athlete -- --John S. Raglin, Kelzie E. Beebe, and Dominic Micklewright -- 11. Motivation in Youth Sports -- --Michael Methlagl and Friederike Michlmayr -- 12. Goal Setting and Motivation -- --Friederike Michlmayr and Michael Methlagl

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