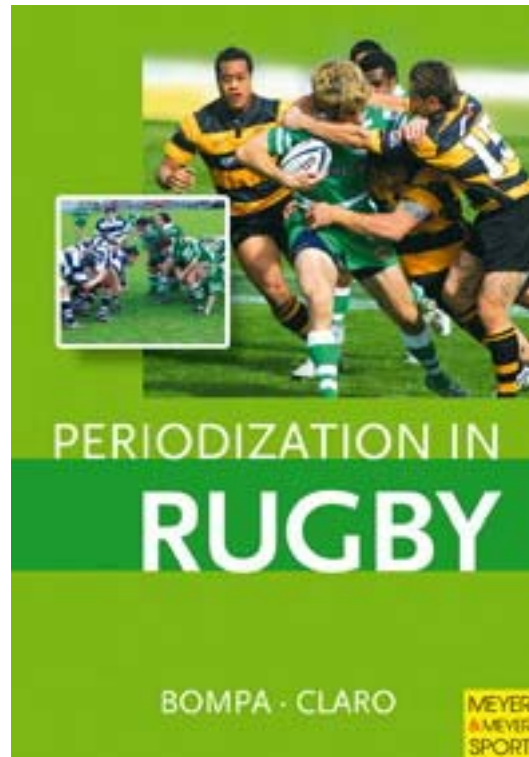


Periodization in Rugby
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Periodization in Rugby has been written to fill an existing gap in the extensive rugby training literature. Most of the books currently available on the market address the technical and tactical aspects of the game, or its physical and physiological aspects.

Periodization in Rugby is not a catalog of drills for better performance, as this aspect has been pretty much well covered in the last few years. As trainers and developers, we realized that one of the major aspects of rugby training was missing in most existing books: an in-depth methodology addressing how to best plan and train for one season's development and beyond, considering the major biomotor and technical abilities necessary for higher performance achievement in rugby. We applied to rugby the concept of periodization of training, which is a segmentation of the training process of all biomotor and technical/tactical abilities allowing an organized focus on the sequence of players' development trained step by step from general to sport specific purpose. Periodized training plans are the best option for high performance achievement.

Periodization in Rugby has been written for players and coaches of any level who wish to utilize a proven systematic approach of preparation based upon the decades' long work of Professor Tudor Bompa for training periodization, which has revolutionized sport training concepts. These concepts are fully explained here, and completely adapted by the authors to optimum rugby training development.

In this unique book, we explain the rationale behind a periodized training plan, taking the reader through every step of the process. We give very specific examples of how

periodization can be directly adapted to rugby performance. We believe that one of the major solutions to the artificial performance enhancement spreading through sport resides in the application of a systematic periodized plan to develop young athletes multilaterally from childhood to high performance. This book will address rugby in its specificity for players and teams of 19 years of age and beyond. It is *the* resource to optimize training schedules in order to achieve maximum rugby performance.

No other book discusses periodization training applied to rugby in such detail and with a wide variety of very specific examples. *Periodization in Rugby* clearly describes:

- The principles of a systematic periodized program.
- Comprehensive plans for one season and extensions to multiple seasons.
- Proven strategies to peak for championships.
- How to create training cycles and to develop customized programs for strength, power, speed, endurance, coordination and agility.

Periodization in Rugby is a step-by-step recipe for high performance success. Written in an easy to understand format, it will bring the reader to the core of periodization training understanding.

Authors:

- *Tudor Bompa*, PhD., Professor Emeritus, York University, Toronto, Canada is the founder of the Tudor Bompa Institute (TBI). Professor Bompa is considered by many as the father of modern sport periodization and is regarded worldwide as the leading specialist in the areas of training, coaching and fitness theory, to which he has contributed several new concepts exposed in numerous published books since the late 80's. Professor Bompa has to date written 18 books whose has been translated in over 10 languages.
- *Frederick Claro* is an International Training Director of TBI. He is also a rugby high performance coach trained in New Zealand. Frederick is a former club, university and provincial representative rugby player in his native country, France. Frederick has extensive experience in sport coaching, management, and educational development.

Please visit <http://periodizationinrugby.com> for more details. Seminars and courses are available. We can be contacted at: info@periodizationinrugby.com

Thank you for your time and interest,

Tudor Bompa & Frederick Claro
Authors of "Periodization in Rugby"