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# Tudor Bompa Periodization

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## **Periodization Training for Sports 3rd Edition Tudor Bompa**

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## **'Tudor Bompa Wikipedia**

**June 22nd, 2018 - Tudor Bompa is often regarded as the father of sports periodization theory a training system developed by the Soviets that emphasised variable loads for optimal performance throughout the year rather than maintaining a constant training focus" *Rugby union positions Wikipedia***

*June 22nd, 2018 - There are a maximum of 15 players from each team on a rugby field at one time The players position at the start of the game is indicated by the number on the back of their shirts 1 to 15'*

## **'The Ultimate Guide to Daily Undulating Periodization DUP**

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