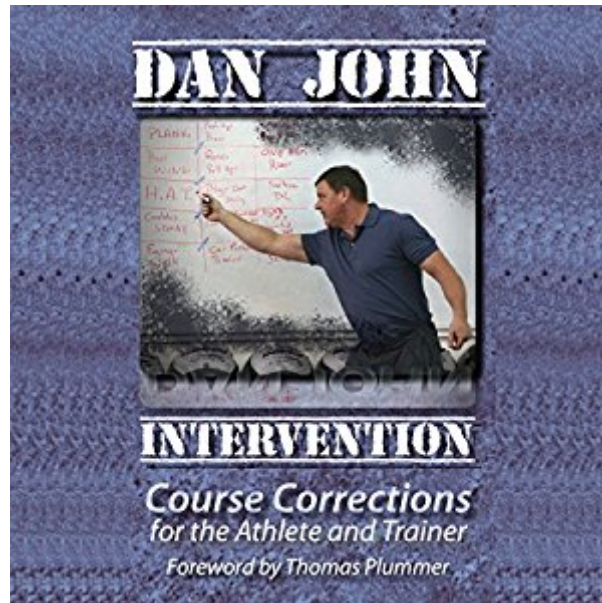


The book was found

Intervention: Course Corrections For The Athlete And Trainer



Synopsis

You have two choices: Be lucky enough in middle school, junior high, or high school to be taught basic body movements and step-by-step instructions in the Olympic lifts, powerlifting, mobility, flexibility, kettlebell training, and tumbling Apply intervention five principles Here are the answers, but the questions are the real keys: Strength training for lean body mass and joint mobility work trump everything else. Fundamental human movements are...fundamental. Standards and gaps must be constantly assessed. The notion of "park bench" and "bus bench" workouts must be applied throughout the training lifetime. Constantly strive for mastery and grace.

Book Information

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Customer Reviews

One of the best reasons to buy Dan John's books is that he's a funny read as well as an insightful coach. A natural raconteur, the author intersperses many of the chapters with anecdotes and snapshots of everyday life that lift the book above just being a bare matter of rep schemes, discussion of exercise selection etc. It was having enjoyed 'Never let go' on that basis that swayed me towards ordering 'Intervention'. That's not to say that this wouldn't be an invaluable resource even if it was reduced to bare bones. The author does, in fact, repeatedly distill down his message and points out, in fact, that a lot of the time he feels he is telling athletes perfectly obvious or even common sense things: 'Fundamental human movements are fundamental', 'eat like an adult'... One of the key points I took away from 'Intervention' is the value in accurately determining what your training needs are relative to the pressures and time-constraints of other aspects of life. A full-time

job, some niggling injuries and an additional factor like a new baby or impending marriage (for example) doesn't go hand-in-hand with implementing a programme that was designed to get someone ready for a special forces pre-selection course, or football combine tests... And yet, that is what many of us have in our head when considering what is a 'reasonable' programme to attempt. Dan John champions an alternative approach favouring what is reasonable and sustainable versus tough but (sadly) unsustainable. Throughout he champions the use of fundamental human movement patterns as a basis for programme construction, with discussion of concepts around ensuring these movements are being performed optimally according to the trainee's needs, from novices through to advanced athletes.

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