

# Download Developing Endurance Sport Performance

Periodization. For endurance athletes, the normal progression of fitness begins by developing a good aerobic base (see figure 3.1). Overdistance (OV) and endurance (EN) training are used to build the base of the aerobic system. About Andrew Hamilton Andrew Hamilton BSc Hons, MRSC, ACSM, is a sports science writer and researcher specialising in sports nutrition. A lifelong endurance athlete himself he has worked in the field of fitness and sports performance for over 30 years helping athletes to reach their true potential. About Sportswise. Sportswise is a specialist private clinic for the treatment of sports injuries and musculoskeletal problems. Our aim is to help you return to your sport, work, or life and leisure activities as safely and as quickly as possible. Developing your training schedule This is an excerpt from Distance Cycling by John Hughes and Dan Kehlenbach