

## Nsca S Performance Training Journal Issue 12

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**Nsca S Performance Training Journal**  
Core Training, Issue 8.5 Sept./Oct. 09 www.nasca-lift.org. NSCA's Performance Train- ing Journal is a publication of the National Strength and Conditioning Association (NSCA). Articles can be ac- cessed online at www.nasca- lift. org/perform. All material in this publica- tion is copyrighted by NSCA.

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NSCA's Performance Training Journal | www.nasca-lift.org/perform Vol. 5 No. 2 | Page 6 5 ummer is right around the cor-ner which makes this a good

**NSCA's Performance Training Journal V. 5**  
CiteSeerX - Document Details (Isaac councill, Lee Giles, Pradeep Teregowda): hich one are you training for —strength, size, or power? First, let's identify what each of these are. Strength is the ability to produce or generate force. Size, also referred to as hypertrophy, is the growth or enlargement of muscle. Power is the ability to produce or generate force quickly, which is a function ...

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**NSCA's Performance Training Journal, vol. 1, no. 7 ...**  
Off-Season Training, Issue 9.2 March / Feb 10 www.nasca-lift.org. NSCA's Performance Train- ing Journal is a publication of the National Strength and Conditioning Association (NSCA). Articles can be ac- cessed online at www.nasca- lift. org/perform. All material in this publica- tion is copyrighted by NSCA.

**Issue 9.2 NSCA's Performance Training Journal**  
ABOUT THIS PUBLICATION The NSCA's Performance Training Journal (ISSN: 2157-7358) is a publication of the National Strength and Conditioning Association (NSCA). The PTJ publishes basic educational information for Associate and Professional Members of the NSCA.

**NSCA's Performance Training Journal - National Strength ...**  
The views stated in the NSCA's Performance Training Journal are those of the authors, and do not necessarily reflect the positions of the NSCA. NSCA's Performance Training Journal | www.nasca-lift.org/perform Vol. 6 No. 6 Page 4 very few studies have looked at the effects of HMB supplementation on aerobic training adaptations.

**NSCA's Performance Training Journal**  
nsca's performance training journal • www.nasca-lift.org • volume 10 issue 55 Gregory G. Haff is a senior lecturer and the course coordinator for the Masters of Strength and Conditioning program at Edith Cowan University in Perth, Australia. He is a Fellow of the National Strength and Conditioning Association.

**Issue 10.5 NSCA's Oct. / Nov. '11 J erformance Training ournal**  
NSCA's Performance Training Journal | www.nasca-lift.org/perform V ol. 6 No. 5 | Page 13 Jumps performed with added weight, such as a weighted vest or dumb-

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nsca's performance training journal • www.nasca-lift.org • volume 9 issue 15 important to separate bouts of sprint and resistance training in order to maximize the training adaptations of both modalities. Coff ey VG, Jemiolo B, Edge J, Garnham AP, Trappe SW, and Hawley JA.

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**Issue 8.6 NSCA's Nov./Dec. 09 J erformance Training ournal**  
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**Pe riodized Training for the Strength/Power Athlete**  
Training and eating properly can increase your glycogen stores and, ultimately, your performance. It is a good idea to understand the diff erent types of carbo-hydrates and how your body metabolizes them. References 1. Arvidsson-Lenner R, Asp N-G, Axelsen M, Bryngelsson S, Haapa E, Järvi A, Karlström B, Raben A,

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