

Contents

<i>Foreword</i>	III
<i>Preface</i>	V
<i>Acknowledgements</i>	VI
1 Physiological Demands of Endurance Performance Christophe Hausswirth & Yann Le Meur	1
2 Alternative Approach to Training for Endurance Athletes: Block Periodization Vladimir B. Issurin & Raya Dreshman	11
3 Quantification of Endurance Training and Competition Loads Michael I. Lambert	21
4 Training Intensity Distribution Stephen Seiler	29
5 Interval Training for Endurance Paul B. Laursen	41
6 Strength Training for Endurance Performance Per Aagaard & Truls Raastad	51
7 Recovery for Endurance Training and Competition Shona L. Halson & Christos Argus	61
8 Tapering for Optimal Endurance Performance J. Patrick Neary	73
9 Pacing Strategies for Endurance Performance Carl Foster, Jos J. De Koning, Samantha Bischel, Erika Casolino, Katherine Malterer, Kacie O'Brien, José Rodríguez-Marroyo, Annabel Splinter, Christian Thiel, Joyce Van Tunen	85
10 Detraining Laurent Bosquet & Iñigo Mujika	99
11 The Overtraining Syndrome Romain Meeusen & Kevin De Pauw	107
12 The Molecular Bases of Endurance Training Adaptation Vernon G. Coffey	117
13 Cardiovascular Adaptations to Endurance Training Darren E. R. Warburton & Shannon S. D. Bredin	127
14 The Metabolic Adaptations to Endurance Training Adrian Holliday & Asker E. Jeukendrup	141

15	Adaptations to Prolonged, Intense Endurance Training in Human Skeletal Muscle	153
	John A. Hawley	
16	Tendon and Bone Adaptations to Endurance Training	161
	Pekka Kannus & Harri Sievänen	
17	Endurance Training and Hormonal Responses	171
	Anthony C. Hackney	
18	Testing and Assessing Adaptation to Endurance Training	181
	David B. Pyne & Philo U. Saunders	
19	Genetics and Endurance Performance: What Do We Really Know?	191
	Steven J. Fleck, Jonatan R. Ruiz, Alejandro Lucía	
20	Endurance Psychology	199
	Jeff Simons	
21	Nutrition for Endurance Training and Competition	211
	Louise M. Burke & Gregory R. Cox	
22	Endurance Training for Health	225
	Stephen R. Bird	
23	Endurance Training in Children and Adolescents	235
	Joey C. Eisenmann, Clemens Drenowatz, Robert M. Malina	
24	Endurance Training and Competition in the Heat	247
	Lars Nybo	
25	Endurance Training and Competition in the Cold	257
	Roy J. Shephard	
26	Endurance Training and Competition at Altitude	269
	Laura A. Garvican & David T. Martin	
27	Unhealthy Air and Water Environments: Effects on Endurance Training and Competition	279
	Randall L. Wilber	
28	Effects of Long-Distance Journeys upon Endurance Training: Travel Fatigue and Jet Lag	293
	Benjamin J. Edwards & Jim Waterhouse	
29	Medical Issues of Endurance Training and Competition	305
	W. Douglas B. Hiller	
