



COURSE DATA

DATA SUBJECT

Code: 33222
Name: Sports training: physical preparation
Cycle: Undergraduate Studies
ECTS Credits: 6
Academic year: 2025-26

STUDY (S)

Degree	Center	Acad. year	Period
1312 - Degree in Physical Activity and Sport Sciences	Facultat de Ciències de l'Activitat Física i Esports	2	First quarter, Second quarter
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Facultat de Ciències de l'Activitat Física i Esports	2	First quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	Sports training: physical preparation	COMPULSORY
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Entrenamiento Deportivo: Preparación Física	COMPULSORY

COORDINATION

BLASCO LAFARGA MARIA CRISTINA

ROLDAN ALIAGA AINOA

SUMMARY

The progress of research on sports performance, leisure and health, together with the current interest in physical activity as a social, economic or health resource, has given the contents related to Sports Training and Physical Preparation a special relevance in the field of motor. Both the coach and the physical trainer have a wide range of resources to improve the performance of their athletes. But in order to trace the straight path to the optimization of personal capacities, it is necessary to fluently handle everything related to the loads (types of stimulus and level of stress), their concretion in the form of practical proposals (tasks and / or exercises, progressions, training cycles, etc.), and in general all the processes and the dynamics and synergies that are generated around them in each of their fields (neuromuscular, bioenergetic and informational). Skills such as identifying, correcting, adapting, designing or planning are the essence of this subject, which should allow future graduates to start designing the best training programs for each situation, optimizing the result and minimizing the effort, cost and risks to their athletes.



The implementation of ecological models around improving performance, the holistic vision of the sciences that are complementary, the support of new technologies with a high impact on the future professional capacity of the graduates, and in general the numerous contributions of the applied research in recent years, make this subject an essential content for the training of future graduates in Physical Activity and Sports Sciences.

As for its imbrication within the curriculum, \"Sports Training: physical preparation\" has a core nature and is structured on a quarterly basis, being taught in the 2nd year of Physical Education and Sports Science degree, when the students have already studied basic contents such as anatomy or physiology.

It is presented with a structure of 6 credits and is based on an experimental and applied view, so its contents are divided into theoretical and practical sessions, closely related to each other concerning objectives, competencies, etc. In this way, its 6 credits are structured in 3 theoretical credits and 3 practical credits, divided into two classes a week within a four-month period: 2 hours of basically conceptual content and 2 hours of a more procedural nature. The mixed nature of the theoretical-experimental subject is achieved by combining sessions in the classroom together with others in the computer room, the weight room, the performance laboratory or sports courts, among others. Its organization ensures that theoretical knowledge, which is based on practical learning, is consolidated thanks to the theoretical-practical work that progresses in parallel throughout the four-month period.

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS

Students should know basics of anatomy, physiology and biomechanics, along with pedagogical and methodological aspects, which facilitates learning and mastery of the content of this field. It is therefore recommended to have approved at least physiology and anatomy before studying it. Domain of virtual environments and software at user level (Word, Excel). The faculty has a training internet channel where you can find tutorials on these resources.

COMPETENCES / LEARNING OUTCOMES

-

Aplicar acciones de intervención en el ámbito de la actividad física y deporte de manera coherente y eficaz.

Apply information and communication technologies (ICTs) in the field of physical activity and sport sciences.

Apply information and communication technologies (ICTs) in the field of physical activity and sport sciences.

Apply physiological, biomechanical, behavioural and social principles to the different fields of physical activity and sport.



Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, solidarity, environmental protection, the culture of peace and democratic values.

Be independent and competent to design and programme physical-sports activities depending on the objectives and populations targeted.

Design, implement and evaluate the teaching-learning processes related to physical activity and sport, paying attention to the individual, collective and contextual characteristics of people.

Develop habits of professional excellence and quality.

Develop habits of professional excellence and quality.

Develop leadership, interpersonal and teamwork skills.

Develop resources to adapt to new situations and to solve problems, and for independent learning and creativity.

Implement intervention actions in the field of physical activity and sport in a coherent and effective manner.

Know and act under the ethical principles required for proper professional practice.

Know and understand the different applied training systems and components.

Know and understand the fundamentals of physical fitness for physical activity and sport.

Know terminologies and be able to use them in the field of training, both in Spanish and in English.

Know the use and suitability of health products linked to nursing care, paying special attention to differences according to age and gender.

Plan, implement and evaluate physical activity and sports programmes targeted at special populations.

Planificar actividades físicas adecuadas a los objetivos buscados.

Plan physical activities appropriate to the objectives pursued.

Programar sistemas de entrenamiento en función de sus efectos y objetivos.

Programme training systems according to their effects and objectives

Promote and evaluate the acquisition of enduring and autonomous habits of practising physical activity and sport.

Select and know how to use sports material and equipment, suitable for each type of activity and population.

DESCRIPTION OF CONTENTS



1. GENERAL CONTENTS

The contents of the components of this matter are as follows:

- The training loads and its implementation.
- Overview of sports training context.
- Bioenergetics and training (Stamina and Endurance Training).
- The neuromuscular capacities (strength, speed and range of movement trainability in sport).
- Informational prerequisites Training (Training perceptual-motor and tactical processes).
- Fundamentals of programming and planning of sport training.
- Planning and scheduling the physical condition.
- The basis of periodization for sports training.
- Trends and models in sport training.

2.

3.

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Theory	30,00
Classroom practices	30,00
Total hours	60,00

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	35,00
Independent study and work	40,00
Preparation of lessons	0,00
Preparation for assessment activities	10,00
Resolution of case studies	5,00
Total hours	90,00

TEACHING METHODOLOGY

The subject is taught periodically as 2 theoretical plus 2 practical hours.



- The theoretical lessons take place in the classroom, with the whole big group.

- For the practical lessons the group is divided into three small subgroups; facilities are itinerant, including the performance and health teaching laboratories, the tracks or sports facilities of the University, and the computer room (since the final works are presented in Excel format).

The use of active methodologies such as learning and evaluation based in projects is encouraged. In fact, we are now immersed in a Teaching Innovation Project on EVALUATION THROUGH PROJECTS. Tutoring hours are essential to guide these works.

Group dynamics and cooperative learning are also important teaching tools, especially in the practical cases solving.

EVALUATION

9.1. Continuous evaluation:

For those attending to the 80% of the lessons and presenting at least the 80% of the tasks requested along the semester. Excused and unexcused absences are not distinguished. The student must reserve the margin of the 20% of absences allowed for his/her personal needs.

*** 10% Various practices section; it integrates attitudinal contents, class participation and the tasks requested through the virtual classroom.**

Scoring only once overpassed the 80%,of both, the attendance and the tasks, it encourages the students participation and personal experiencing. It also checks their understanding of the practical contents.

Includes the delivery of 4 tasks (two from the neuromuscular topic and two from the bioenergetic one) that score 0.1 each. They must be delivered through the virtual classroom on a schedule displayed in the first 15 days of class. It is recommended to carry out at least two tutorials per area. Non-compliance implies the loss of the continuous evaluation.

*** 40% Evaluation by projects: Initiation to physical conditioning in the sports field**

Tutored Project carried out in groups of 3 to 5 people, supervised by a qualified teacher-tutor, following an academic rubric. The professors tutor will set a time-schedule to guide the project with at least three tutorials. The no compliance with these 3 tutorials prevents from presenting the Tutored Project.

The project will be delivered through the virtual classroom on a predetermined date and form. The presentation calendar (either face-to-face or through the Blackboard Collaborate platform) is agreed with the students on a date close to the official calls for the course (1st and / or 2nd call).



- **3 points** correspond to the group qualification according to the following distribution:

- 2 points for written work

- 1 point for the presentation the day of the orals.

- **1 point** corresponds to the individual mark (individual presentation and debate with the teachers/tutors).

To approve this section, the student needs to get at least 1.5 and a 0.5 points of the group and individual mark respectively.

*** 50% theoretical exam including physical conditioning training concepts and problem solving:**

Written test consisting of 3 different types of questions: Multiple choice questionnaire (to choose only one), short open questions about concepts and/or interpretation of the effects of training, and theoretical-practical assumptions to complete 5 points (50% of the rating). The failed questions diminish 33% of the value of those that are right.

It is essential to have a mark of 2.5 out of 5 points to add the marks in the practical section.

9.2. Once lost the continuous evaluation:

Students who do not attend 80% of the classes must carry out additional work and / or practical demonstration of skills. In addition, some questions are added in the theoretical exam to compensate for the lack of information (which is usually collected from the continuous attendance).

The subject will offer students who have failed in previous courses, the possibility of taking advantage of a system of tasks and tutored projects, that will be explained in the first week of class. To opt for this system it is necessary to have approved the practices and met the 80% of attendance in the subject in the previous year, as well as having a mark over 1 point (out of 5) in the equally preceding theoretical call. In all cases, 80% of the attendance must be met to benefit from the continuous evaluation systems. In addition, the practice section is only saved for one academic year.

On the other hand, and by the Intellectual Protection Laws, it is forbidden the total or partial reproduction of the works of others, and its breach can lead at offenses or criminal offenses.

\\\"The literal, total or partial copy of works of others presented as their own is considered unacceptable behavior in academia\"\\.

ALL THE CONTENTS WILL BE DEMANDED IN FURTHER EXAMS, IF NEEDED. THE MARKS FROM THE PRACTICAL WORKS WILL REMAIN FOR ONE YEAR AFTER THE FIRST EXAM.

REFERENCES

**Basic references**

- Allen, H. (2017). Using a Power Meter. En S. S. Cheung y M. Zabala (Eds.), *Cycling Science* (pp. 362-370): Champaign, IL; Human Kinetics, Inc.
- Billat, V. (2002). *Fisiología y metodología del entrenamiento*. Barcelona: Paidotribo.
- Blasco Lafarga, C. (2016). *Manifestaciones bioenergéticas: conceptualización y entrenamiento*. Cuaderno teórico-práctico (2º ed.). Valencia: ACB, Ángeles Carrillo.
- Blasco Lafarga, Cristina; Pardo, Alberto; Roldán, Ainoa; Cordellat, Ana; Martín-Rivera, Fernando y Monteagudo, Pablo. (2019). *Manifestaciones Neuromusculares: Conceptualización y entrenamiento*. Cuaderno teórico-práctico. Curso 2019/2020. Ángeles Carrillo editor; Valencia (ESpanya). ISBN: 978-84-949017-9-9.
- Blasco Lafarga, Cristina. (2021). *Entrenamiento Deportivo*. Proyecto Docente 2017. Nau Llibres (Edicions Culturals Valencianes, S.A.). 288 p. ISBN: 9788418047534; ISBN-10 8418047534.
- Cometti, G. (1998). *Los métodos modernos de musculación* Barcelona: Paidotribo.
- Fleck, S. J., & Kraemer, W. (2014). *Designing Resistance Training Programs*, 4E: Human Kinetics.
- Foran, Bill. (2007). *Acondicionamiento Físico para deportes de AR*. Barcelona: Hispano Europea.
- García Verdugo, M. (2007). *Resistencia y entrenamiento: una metodología práctica* (1ª ed.). Barcelona: Editorial Paidotribo.
- García Manso, J. M., Navarro Valdivielso, M., y Ruiz Caballero, J. A. (1996). *Bases teóricas del entrenamiento deportivo: principios y aplicaciones*. Madrid: Gymnos.
- García Manso, JM., Navarro, M., Ruiz, JA., Martín Acero, R. (1998). *La velocidad*. Madrid: Editorial Gymnos.
- García Manso, JM. y Martín González, JM. (2008). *La formación del Deportista en un sistema de rendimiento deportivo*. Armenia, Colombia: Kinesis.
- Gonzalez Badillo, JJ y Gorostiaga, E. (1995). *Fundamentos del entrenamiento de fuerza: aplicación al entrenamiento deportivo*. Barcelona: Editorial INDE.
- González Badillo, JJ. y Rivas Serna, J. (2002). *Bases de la programación del entrenamiento de la fuerza*. Barcelona: Editorial INDE.
- González Badillo, J. J., Sánchez Medina, L., Pareja Blanco, F., y Rodríguez Rosell, D. (2017). *La velocidad de ejecución como referencia para la programación, control y evaluación del entrenamiento de la fuerza: ERGOTECH*.
- Grosser, Starischka & Zimmermann. (1988). *Principios del entrenamiento deportivo*". Edi. MR. Barcelona.
- Haff, G y Tripplet T. (2018). Editorial Paidotribo. *Principios del entrenamiento de la fuerza y del acondicionamiento físico*.
- López Chicharro, JL y Vicente Campos, D. (2018). *HIIT: Entrenamiento Interválico de Alta Intensidad. Bases Fisiológicas y Aplicaciones Prácticas* López Chicharro Editores.
- Manno, R. (1991). *Fundamentos del entrenamiento deportivo*. Editorial Paidotribo, Barcelona.
- Navarro, F. (1998). *La resistencia*. Editorial Gymnos. Madrid.
- McAtee, R. y Charland, J. (2000). *Estiramientos facilitados*. 1ª ed. Paidotribo; 204 p; Barcelona:
- Meinel, K., y Schnabel, G. (2004). *Teoría del Movimiento. Motricidad deportiva*. (2ª ed.). Buenos Aires: Ed. Stadium.
- Platonov, VN. (1988). *El entrenamiento deportivo. Teoría y metodología*. Editorial Paidotribo. Barcelona.
- Siff, M.C., y Verkhoshansky, Y. (2004) *SUPERENTRENAMIENTO*. Volumen 24 de *Entrenamiento Deportivo*. Paidotribo.
- Seirul.lo Vargas F.(2017). *El entrenamiento en los deportes de equipo* Seirul.lo Editores.



- Verkhoshansky, Y. (1990). Entrenamiento deportivo. Planificación y programación. Barcelona: Editorial Martínez Roca.
- Wirhed, R. (1998). Habilidad atlética y anatomía del movimiento (2ª ed.). Barcelona Edikamed.

Complementary references

- Alter, M.J. (1992). "Los estiramientos. Desarrollo de ejercicios". Edi. Paidotribo. Barcelona.
- Antón García, J.L. et al. (1989). "Entrenamiento deportivo en la edad escolar". Junta de Andalucía/Univer. Internacional deportiva de Andalucía. Málaga.
- Añó, V. (1997). Planificación y organización del entrenamiento juvenil. Editorial Gymnos. Madrid.
- Aquesolo, J. (1992). "Diccionario de las Ciencias del Deporte". Unisport, Málaga
- Baechle, T. R., & Earle, R. W (2007). Principios del entrenamiento de la fuerza y del acondicionamiento físico Médica Panamericana.
- Baechle, T. R., & Earle, R. W. (2009). Essentials of Strength Training and Conditioning: Human Kinetics Publishers.
- Barbany, J.R. (2002). Fisiología del ejercicio físico y del entrenamiento. Barcelona, Paidotribo Bases de datos de Medline y otras fuentes bibliográficas de carácter científico; Direcciones web de uso frecuente y acceso gratuito; y otras.
- Billat, V. (2002). Fisiología y metodología del entrenamiento. Barcelona: Paidotribo.
- Bompa, T. (2004). Entrenamiento de la potencia aplicada a los deportes. La pliometría para el desarrollo de la máxima potencia. Editorial INDE.
- Bompa, T. and Cornacchia, L. (1998) Serious strength training. Edit. Human Kinetics.
- Bompa, T.O. (2003). Periodización. Barcelona: Hispano Europea
- Boyle, M (2012). Advances in Functional Training: Training Techniques for Coaches, Personal Trainers and Athletes. On Target Publications, LLC.
- Boyle, M. (2004). Functional Training for Sports: Human Kinetics.
- Brown (2007) Entrenamiento de la velocidad, agilidad y rapidez. Editorial Paidotribo; Barcelona.
- Campos, J. y Ramón, V. (2010). Teoría y planificación del entrenamiento deportivo. Editorial Paidotribo
- Cardinale, M., Newton, R., & Nosaka, K. (2011). Strength and Conditioning: Biological Principles and Practical Applications: Wiley.
- Cheung, S. S., & Zabala, M. (2017). Cycling Science: Human Kinetics, Inc.
- Cianti, G. (1999). Body building: Fabbri.
- Cianti, G. (2001). Master bodybuilding: Hispano Europea.
- Cometti, G. (1998). La pliometría. Inde; Barcelona.
- Cometti, G. (1998). Los métodos modernos de musculación. Barcelona: Paidotribo
- Cometti, G. (2002). El entrenamiento de la velocidad. Paidotribo; Barcelona.
- Cook, G. (2010). Movement: Functional Movement Systems: Screening, Assessment, Corrective Strategies. On Target Publications, LLC.
- Cordova, A. (1997). La fatiga muscular en el rendimiento deportivo. 1ª ed. Madrid: Síntesis. 447 p.
- Cordova, A. et al. (2000). Fisiología deportiva. 1ª ed. Madrid: Gymnos. 227 p.
- Cuadrado, G.; Pablos, C y García Manso, J. (2006). Aspectos Metodológicos y Fisiológicos del Trabajo de Hipertrofia Muscular. Edit. Wanceulen. Sevilla
- Dawes & Roozen Ed. (NSCA) (2004) Developing Agility and Quickness. Human Kinetics.
- Delavier, F. (2004). Guía De Los Movimientos De Musculación. Paidotribo; Barcelona.
- Dick, F.W. (1993). "Principios Del Entrenamiento Deportivo". Edit. Paidotribo; Barcelona.
- Dintiman, G. Ward, B. Y Tellez, T.(2001). La velocidad en el deporte.1º Ed. Española.



Madrid: Ediciones Tudor, Sa.

- Earle, R. W., & Baechle, T. R. (2008). Manual NSCA. Fundamentos del entrenamiento personal (Color): Paidotribo.
- Ehlenz, Grosser, Zimmermann. (1990). "Entrenamiento de la fuerza. Fundamentos, métodos, ejercicios y programas de entrenamiento". Editorial MR. Barcelona.
- Fleck, S. J., & Kraemer, W. (2014). Designing Resistance Training Programs, 4E: Human Kinetics.
- Fleck, S. J., & Kraemer, W. (2014). Designing Resistance Training Programs. Human Kinetics.
- Foran, Bill. (2007). Acondicionamiento Físico para deportes de AR. Barcelona: Hispano Europea.
- Gamble, P. (2011). Training for Sports Speed and Agility: An Evidence-Based Approach: Taylor & Francis.
- García Manso, J.M. (2007). Planificación del entrenamiento deportivo desde la óptica de la teoría de la complejidad. Extraído el 20 de noviembre de 2007 desde <http://www.efdeportes.com/>
- García Manso, JM, et al. (1996). Bases teóricas del entrenamiento deportivo. 1ª ed. Gymnos. 518 p; Madrid.
- García Manso, JM. y Martín Gonzalez, JM. (2008). La formación del Deportista en un sistema de rendimiento deportivo. Armenia, Colombia: Kinesis.
- García Manso, JM., Campos Granell, J., Lizaur Girón, P. y Pablos Abella, C. (2003). El talento Deportivo: Formación de élites deportivas. Editorial Gymnos, Madrid.
- GARCÍA MANSO, JM., NAVARRO, M., RUIZ, JA. (1996). Planificación del Entrenamiento Deportivo. Editorial Gymnos, Madrid.
- García Manso, Jm., Navarro, M., Ruiz, Ja., Martín Acer, R. (1998). La velocidad. Editorial Gymnos, Madrid
- García Verdugo, M (2007). Resistencia y entrenamiento. Una metodología práctica. Editorial Paidotribo; Barcelona.
- George, J., Garth, A. Y Vehrs, P. (1996). Test y pruebas físicas. Colección Fitness. Editorial Paidotribo; Barcelona.
- Goleman D, Raga DG, Zahonero FM. (2013). Focus: Desarrolla la atención para alcanzar la excelencia: EDIT KAIROS.
- González Badillo, JJ. y Rivas Serna, J. (2002). Bases de la programación del entrenamiento de la fuerza. Editorial INDE.
- Gonzalez Badillo, JJ y Gorostiaga, E. (1995). Fundamentos del entrenamiento de fuerza: aplicación al entrenamiento deportivo. Editorial INDE.
- Grosser y Starischka. (1988). " Test de la condición física". Editorial MR. Barcelona.
- Grosser, Brüggemann & Zintl. (1989). "Alto rendimiento deportivo" Planificación y desarrollo. Editorial MR. Barcelona.
- Grosser, M. et al. (1992). Desarrollo muscular. Power Strech. 1ª ed. Hispano Europea. 133 p; Barcelona.
- Grosser, Starischka & Zimmermann. (1988). "Principios del entrenamiento deportivo". Edi. MR. Barcelona.
- Hahn, Erwin. (1988). "Entrenamiento con niños". Teoría, práctica, problemas específicos. Ed. MR. Barcelona.
- Harre, D. (1987). "Teoría del entrenamiento deportivo". Editorial Stadium, Buenos Aires.
- Hoffman, J. (2014) Physiological Aspects of Sport Training and Performance. Human Kinetics.
- Hoffman, J. (2014). Physiological Aspects of Sport Training and Performance-2nd Edition: Human Kinetics.
- Izquierdo, M. (2008) Biomecánica y Bases Neuromusculares de la Actividad Física y el Deporte. Editorial Médica Panamericana.
- Joe Friel (2012). The Power Meter Handbook: A User's Guide for Cyclists and Triathletes. Editor VeloPress.



- Joyce, D., & Lewindon, D. (2014). High-Performance Training for Sports: Human Kinetics.
- Joyce, D., & Lewindon, D. (2014). High-Performance Training for Sports: Human Kinetics.
- Kaemer, W.J. & Hakkinen, K. (2006). Entrenamiento de la Fuerza. Hispanoeuropea; Barcelona.
- Kraemer, W. J., Fleck, S. J., & Deschenes, M. R. (2011). Exercise Physiology: Integrating Theory and Application: Wolters Kluwer Health/Lippincott Williams & Wilkins.
- Kraemer, W. J., Fleck, S. J., & Deschenes, M. R. (2011). Exercise Physiology: Integrating Theory and Application Wolters Kluwer Health/Lippincott Williams & Wilkins.
- Lambert G. (1993). "El entrenamiento deportivo. Preguntas y respuestas". Editorial Paidotribo; Barcelona.
- López Chicharro, J. (2004). Transición aeróbica-anaeróbica: concepto, metodología de determinación y aplicaciones. Master Line.
- López Chicharro, J. ET AL. (1996). Fundamentos de fisiología del ejercicio. 1ª ed. Ediciones pedagógicas. 182 p; Madrid.
- Mac Dougall, D. et al (1995). Evaluación fisiológica del deportista. 1ª ed. Paidotribo; 508 p; Barcelona.
- Mackey, M. (2013). Entrenando Movimientos: Buenos Aires. UAR.
- Manno, R. (1991). "Fundamentos del entrenamiento deportivo" Editorial Paidotribo, Barcelona.
- MARTIN D. ET AL. (2001). Manual de metodología del entrenamiento deportivo. 1ª ed. Paidotribo; 405p. Barcelona.
- Matveev, L. "El proceso del entrenamiento deportivo". Editorial Stadium; Buenos Aires.
- Matveev, L. (1983) "Fundamentos del entrenamiento deportivo". Editorial Raduga. Moscú.
- McATEE, R. ET AL. (2000). Estiramientos facilitados.. 1ª ed. Paidotribo; 204 p; Barcelona.
- McMorris T, Tomporowski P, Audiffren M. (2009). Exercise and Cognitive Function: Wiley.
- Meinel K, Schnabel G. (1997) Teoría del movimiento: síntesis de una teoría de la motricidad deportiva bajo el aspecto pedagógico: Stadium.
- Mosca, U. et al. (1999). Stretching. 1ª ed. Edificio Océano; 255 p. Colección Biomédica; Barcelona.
- Naclerio, F; Coordinador (Varios Autores). (2010). Entrenamiento Deportivo. Fundamentos y aplicaciones en diferentes Deportes. Ed. Panamericana.
- Naranjo-Orellana, J., Hernández, A. S., & Marqueta, P.M. (2013) Valoración del Rendimiento del deportista en el laboratorio (Vol. Número 12 de Monografía Femede). Femede / Esmon Publicidad
- Navarro, F. (1998). La resistencia. Editorial Gymnos. Madrid.
- Navarro, F. Y Rivas, A. (2001). Planificación y control del entrenamiento en natación. Editorial Gymnos.
- Platonov, V.N. Y Bulatova M.M. (1993). "La preparación física". Editorial Paidotribo. Barcelona.
- PLATONOV, VLADIMIR NICOLAIEVITCH. (1988). "El entrenamiento deportivo. Teoría y metodología". Editorial Paidotribo. Barcelona.
- PLATONOV, VLADIMIR NICOLAIEVITCH. (1991). "La adaptación en el deporte". Editorial Paidotribo. Barcelona.
- PRADET, M.(1999). La preparación física. 1ª ed. Barcelona: Inde; 223 p.
- RANTY, Y. (1992). Entrenamiento autógeno progresivo. Editorial Paidotribo. Barcelona.
- RIEDER, H., FISCHER, G. (1990). Aprendizaje deportivo. Metodología y didáctica. Editorial Martínez Roca. Barcelona.
- RIERA, J. (1989). Fundamentos del aprendizaje de la técnica y la táctica deportivas. Editorial INDE. Barcelona.
- SCHNEIDER, W.; SPRING, H. Y TRITSCHLER, T (1993). Fitness. 1ª ed. Barcelona: Scriba; 472 p.
- SCHOENFELD, B. (2000) Sculpting her body perfect. Human Kinetics.
- SHEPARD Y ASTRAND, Coordinadores; Varios Autores. (1996). La resistencia en el deporte. Comité Olímpico Internacional. 1ª edición. Editorial Paidotribo; Barcelona



- Siff, M. C., & Verkhoshansky, Y. (2004) SUPERENTRENAMIENTO. Volumen 24 de Entrenamiento Deportivo. Paidotribo.
- SÖLVEBORN, S. (1984). Stretching. Nuevo y revolucionario programa de ejercicios para mantener el cuerpo en forma. Editorial Martínez Roca. Barcelona.
- Tesch, P. (1999). Target Bodybuilding: Human Kinetics.
- Tesch, P. A., & Tesch, P. (2001). Target bodybuilding: aislamiento muscular en culturismo: Hispano Europea.
- TOUS, J. (1999). Nuevas tendencias en fuerza y musculación. Barcelona: Ergo.
- VASCONCELOS, A. (2000). Planificación y organización del entrenamiento deportivo. 1ª ed. Paidotribo; 198 p; Barcelona.
- VERJOSHANSKI, I. (1990). "Entrenamiento deportivo. Planificación y programación". Editorial MR. Barcelona.
- VIRU (2003) Análisis y Control del Rendimiento deportivo. Editorial Paidotribo. Barcelona.
- VRIJENS, J. (2006). Entrenamiento razonado del deportista. Editorial INDE.
- WEINECK Y JÜRGEN. (1988). "Entrenamiento óptimo". Edit. Hispano Europea. Barcelona.
- Wendler, J. (2011). 5/3/1: The Simplest and Most Effective Training System to Increase Raw Strength: Lulu.com.
- Wendler, J. (2011). The Simplest and Most Effective Training System to Increase Raw Strength. Lulu.com.
- ZHELYAZKOV (2001) Bases del entrenamiento deportivo. Editorial Paidotribo. Barcelona.