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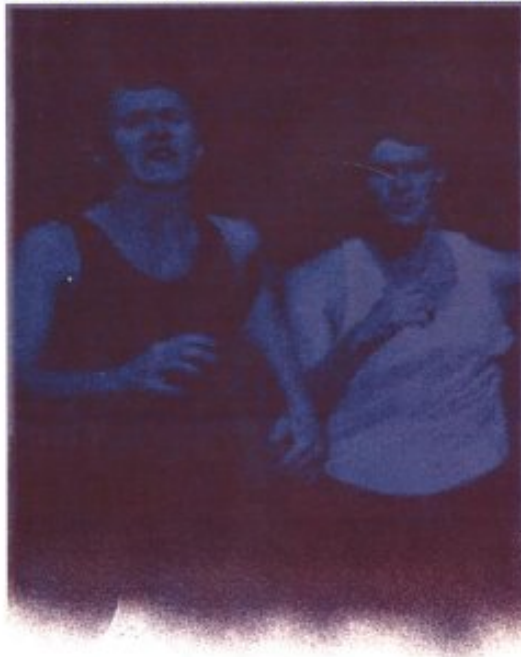
# Adaptation in Sports Training

*Atko Viru*

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## Adaptation in SPORTS TRAINING



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**Atko Viru : Adaptation in Sports Training** before purchasing it in order to gage whether or not it would be worth my time, and all praised Adaptation in Sports Training:

Founded on an analysis of scientific literature and backed by an abundance of references, this timely new book examines problems related to sports training, as well as the concept that training-induced changes are founded on adaptive protein synthesis. Discussions include:Alterations in the organism's adaptivity during exercise trainingIntracellular control of protein synthesis points on molecular mechanisms in exercise trainingEndocrine

mechanisms with regard to acute adaptation during exercise, as well as amplification and post-translation control of the adaptive protein synthesis Practical benefits of the adaptation process in training