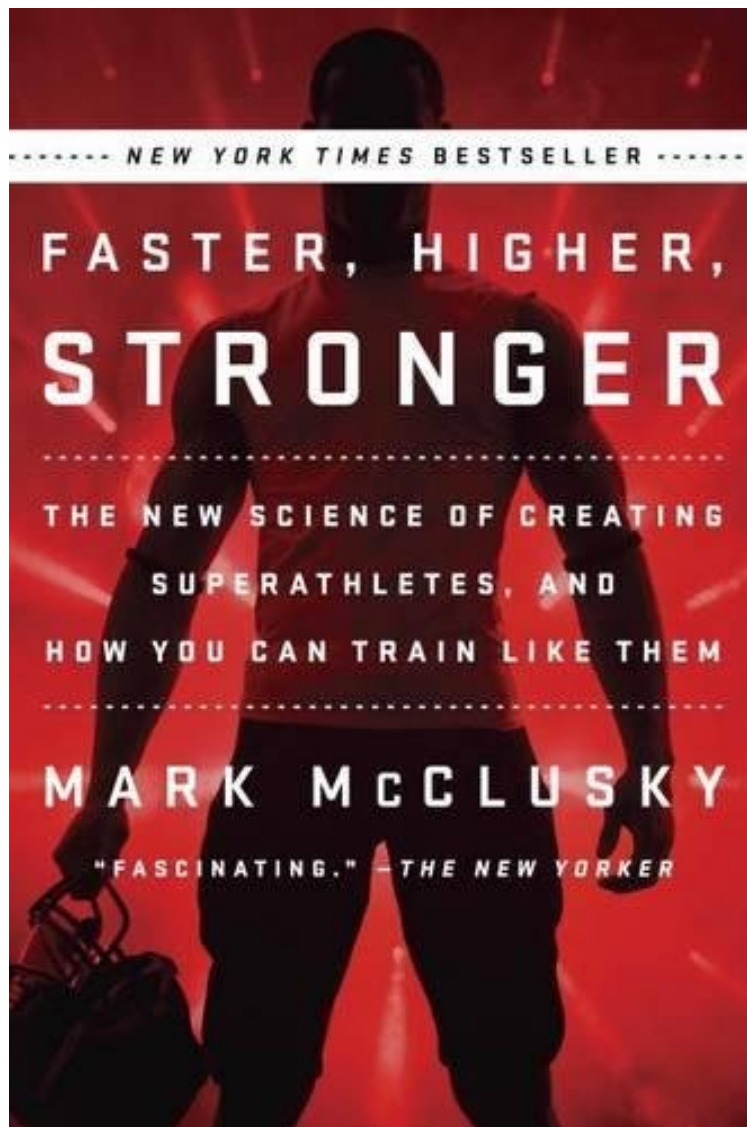


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## Faster, Higher, Stronger: The New Science of Creating Superathletes, and How You Can Train Like Them

Mark McClusky

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**Mark McClusky : Faster, Higher, Stronger: The New Science of Creating Superathletes, and How You Can Train Like Them** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Faster, Higher, Stronger: The New Science of Creating Superathletes, and How You Can Train Like Them:

0 of 0 people found the following review helpful. Pleasant read for a general introduction to sports science  
By Annie So disclaimer first - I read *The Sports Gene* first, so my review of this book is somewhat clouded by that. I personally thought *The Sports Gene* was more informative and had more in depth information. There were times in *Faster, Higher, Stronger* that I felt that McClusky was just doing a 2-sentence summary of some study to prove his point, whereas in *The Sports Gene*, there was a much more in depth explanation of the science and more in depth anecdotes. That said, I did find this book enjoyable, and it's not all exactly the same material as *The Sports Gene*. I especially liked the chapters on nutrition and doping, which were quite informative. The book is well written and is a pleasant read, and if you read it first, I think it can complement any other reading you later do on sports science and genetics.  
0 of 0 people found the following review helpful. and is an excellent writer.  
By L. D. Weimer I'm not an athlete, but am a yoga teacher and interested in physical development, response to physical challenges, the impact of mental attitude, the arguments pro/con for performance enhancing drugs and practices, changes in human physical abilities over time, the ways in which physical efforts affect the mind, breathing practices, meditative states, and the limits of human capability. McClusky clearly did a lot of solid research, pulls in some major athletes for input, and is an excellent writer.  
0 of 0 people found the following review helpful. A Strength and Conditioning Coaches` Review  
By Andrew White When I first started reading this book I didn't know what to expect. I have had previous knowledge of sports science but never to the detail this book takes you through. I absolutely recommend this book to any strength coach who is curious enough to start asking the questions to help their athletes improve performance.

A New York Times bestseller  
A smart and important book.  
Gretchen Reynolds, author of *The First 20 Minutes*  
Publications as varied as *Wired*, *Mens Fitness*, and *The New Yorker* are a buzz over the New York Times bestseller *Faster, Higher, Stronger*. In it, veteran journalist Mark McClusky explains how today's top athletes are turning to advanced technology and savvy science to improve their performance. Sports buffs and readers of David Epstein and Gretchen Reynolds will want to join McClusky as he goes behind the scenes everywhere from the Olympics to the NBA Finals, from the World Series to the Tour de France, and from high-tech labs to neighborhood gyms to show how athletes at every level can incorporate cutting-edge science into their own workouts.

*Faster, Higher, Stronger* is one of the most lucid and entertaining books I've read about sports science and how it is making better, faster, stronger athletes. More important, though, Mark McClusky clearly explains why this science matters to the rest of us and how we can use it in our lives.  
A smart and important book.  
Gretchen Reynolds, author of *The First 20 Minutes*  
Success in top-level sports is no longer just an athletic contest -- it's a learning contest that takes place on the frontiers of science, technology, and the human body. If you're interested in understanding and competing in this new world, you need to buy Mark McClusky's smart, invigorating, and useful book, right now.  
Daniel Coyle, author of *The Talent Code* and *The Secret Race*  
In my more than 20 years researching the field of health and fitness, few books have captured my attention like Mark McClusky's riveting investigation of the groundbreaking science fueling elite athletic performance.  
*Faster, Higher, Stronger* breaks the code and gives everyday readers a chance to steal the cutting-edge secrets of the pros.  
Dave Zinczenko, author of *Eat This, Not That*  
Is fatigue mostly in your head? Can built-in talent take you to the Olympics in only four years? Will big data transform how we play basketball? *Faster, Higher, Stronger* is a brilliant, fun report on the science of hacking your performance.  
Clive Thompson, author of *Smarter Than You Think*  
Mark McClusky has written an enlightening, intelligent, comprehensive look at the merging of sports and science. It's truly fascinating stuff.  
Jeff Pearlman, bestselling author of *Showtime*  
An engaging journey through the intersection of sports and science, *Faster, Higher, Stronger* is a must-read for armchair athletes, coaches, parents, and anyone who wants to understand human potential.  
Chris Anderson, bestselling author of *The Long Tail* and *Makers*  
Today, in sports, what you are is what you make yourself into. Innate athletic ability matters, but it's taken to be the base from which you have to ascend. Training efforts that forty years ago would have seemed unimaginably sophisticated and obsessive are now what it takes to stay in the game. Athletes don't merely work harder than they once did. As Mark McClusky documents in his fascinating new book, *Faster, Higher, Stronger*, they also work smarter, using science and technology to enhance the way they train and perform. It isn't enough to eat right and put in the hours. You need to have the best PhDs onboard as well, McClusky says. This technological and analytical arms race is producing the best athletes in history.  
The New Yorker  
McClusky's eye-opening account of sports science shatters outmoded training myths and heralds a revolutionary new terrain, in which the combination of high-tech methods and scientific breakthroughs designed will give the sports fan something wondrous to watch.  
Publishers Weekly  
In *Faster, Higher, Stronger*, journalist Mark McClusky takes us into the world of athletics, looking at what differentiates winners from losers in elite competitions, from the Olympics to Formula One auto racing. The focus on extremes of excellence and performance at the margins of human capability makes a great read. The casual sportsman is not forgotten, as McClusky touches back on his own golf game to help weekend athletes relate. Marginal gains, trainability, and best fit run through the book, which is filled with engaging stories of athletes reaching the podium or missing by a hair.  
Science  
Speed-skating super-suits, motion-tracking cameras, the 10,000 hour rule it's all covered in Mark McClusky's engrossing look into how athletes use science to avoid injury, train smarter, and shatter

records. Mother Jones McClusky states that every great athlete is the product of the interaction between their genetics and their effort, and he presents rigorous research with an accessible style relatable to both professional and lay readers alike. All of this trickles down to amateur athletics as well, and McClusky does a good job of relating cutting-edge science to people wanting to run their 5K a little faster or shave a few strokes off their golf handicap. Booklist While most of the work is dedicated to advancements in sports science, McClusky saves the inevitable conversation of performance-enhancing drugs for the conclusion. He tries to discover the thin line between finding and utilizing scientific advantages and actual cheating. It's a difficult one to discover, but the book's overall strength is McClusky's willingness to engage those questions many sports fans have trouble navigating. This is a fascinating read about the creative and sometimes bizarre training techniques extreme athletes use. VERDICT: This brief but detailed tour of modern sports science will garner strong interest from athletes, sports fans, and even couch potatoes. Library Journal About the Author A former Sports Illustrated editor, Mark McClusky has contributed to several bestselling books and is a contributor to Alinea, by Grant Achatz. He lives in Oakland, California.