



## Soviet Sport Methods

*By Anatoliy Bondarchuk*



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Critique of the Soviet Methods is an analysis of the evolution of the famous USSR model of preparing athletes from the mind of history's greatest coach, Dr. Anatoliy P. Bondarchuk. As a coach and athlete who grew up in this system, Dr. Bondarchuk takes the reader through the origins and history of foundational principles such as block training, waving volume and intensity, and gives critical analysis of the Soviet Model of annual periodization of sports training.

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