



# Weightlifting Programming: A Winning Coach's Guide

*Bob Takano*

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## **Weightlifting Programming: A Winning Coach's Guide** Bob Takano

This the most thorough English-language book available on the subject of program planning for Olympic-style weightlifting. Takano covers the theoretical and practical issues, the biological and mathematical underpinnings, and provides a straightforward process for developing training programs with plentiful examples. Bob Takano's book, "Weightlifting Programming: A Winning Coach's Guide" is excellent. This book has so much great information, every Olympic-Style Weightlifting coach should buy it read it and use it as a reference in their coaching. Lifters that like to know the "nuts and bolts" of weightlifting should read this book. --Jim Schmitz, US Olympic Weightlifting Team Head Coach 1980, 1988, Assistant Coach 1992, President of USA Weightlifting 1988 1996, Member of IWF Executive Board 1992 1996 Bob Takano is one of the best weightlifting coaches I have ever known. I highly recommend this as part of your weightlifting library." --Patrick Cullen-Carroll CSCS, USA Weightlifting International Coach "This book is a MUST HAVE for all weightlifting coaches. You will not find a better book on weightlifting programming anywhere." --Sean Waxman, Waxman's Gym "His book explains all the aspects of athlete development and that sets it apart from other texts. It deals with the science of sport, and keeps it easy to comprehend. This is a "must have" and will be exposed to numerous readings as the coach digs deeper into the process." --Brian Derwin, 1980 Olympic Team, National Champion, and former president of USA Weightlifting "This book is definitive, in my opinion, and should be the essential text on the bookshelf of every coach and athlete. In my mind, planning is the element of the training toolbox which sets the successful program apart from all the others. And Bob Takano has provided the quintessential guide for all of us." --John Thrush, head coach, Calpian's Weightlifting "I've known Bob Takano for many years and have had the pleasure of coaching the U.S. Women's team at the World Championships on several occasions with him. It is no surprise to me that he has produced a very informative instructional book for olympic weightlifting coaches which is well worth close study." --John B. Coffee "This book is long overdue for the coach and athlete who are looking for a step by step approach to planning weightlifting training at all levels. Great details and lot of thought went into each section covering planning, recuperation, nutrition." --Andrew Charniga "His Weightlifting Programming book is very complete and brings together in one place hard to find detailed information about coaching weightlifters. A must-have book for anyone serious about making the coaching of weightlifters a significant part of their professional lift, and a great reference tool for strength coaches." --John Garhammer, PhD, CSCS, FNSCA "A masterful synthesis of new and original content with the Russian manuals, this book will become the modern yet quintessential reference for all aspiring and experienced olympic weightlifting coaches." --Ursula Garza Papandrea, USAW Senior International Coach "The age of the internet has brought us a lot of phony weightlifting experts, self-created gurus who have a list of actual lifting accomplishments that you could fit on a postage stamp. Bob Takano is a true weightlifting master from the old school, and his knowledge is a benefit to anybody who wants to improve in this great sport." --Matt Foreman, author of *Bones of Iron*

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