

Literatur

- Aagaard, P., Simonsen, E. B., Trolle, M., Bangsbo, J. & Klausen, K. (1994). Effects of different strength training regimes on moment and power generation during dynamic knee extensions. *European Journal of Applied Physiology*, 69, 382-386.
- Abe, T., DeHoyos, D. V., Pollock, M. L. & Garzalla, L. (2000). Time course for strength and muscle thickness changes following upper and lower body resistance training in men and women. *European Journal of Applied Physiology*, 81, 174-180.
- Adam, K. (1979). Einführung in das Krafttrainings. In K. Adam & Y. V. Verhoshansky (Hrsg.), *Modernes Krafttraining im Sport* (S. 37-148). Schriftenreihe des Bundesausschusses zur Förderung des Leistungssports - Trainerbibliothek (Band 4). Berlin, München, Frankfurt am Main: Verlag Bartels & Wernitz KG.
- Adams, S. (1986). Strength training in women's athletics. In: IAAF (edt.), *Women's track and field athletes* (pp. 352-359), The official Report of the First IAAF Congress on Women's Athletics, Mainz, F. R. Germany, 9-11 December 1983.
- Alabin, V. & Yushkevitch, T. (1981). Talent selection in the sprint. *Soviet Sports Review*, 16, 34-35.
- Alän, M., Häkkinen, K. & Komi, P. V. (1984). Changes in neuromuscular performance and muscle fibre characteristics of elite power athletes self-administering androgenic and anabolic steroids. *Acta Physiologica Scandinavica*, 122, 535-544.
- Alexander, M. J. L. (1989). The relationship between muscle strength and sprint kinematics in elite sprinters. *Canadian Journal of Sport Sciences*, 14 (3), 148157.
- Allmann, H. (1984). Krafttraining im Leistungssport. *Die Lehre der Leichtathletik*, 49, 1757-1758.
- Allmann, H. (1985). Maximalkraft und Sprintleistung - Maximalkrafttraining im Sprinttraining. In: M. Bührle (Hrsg.), *Grundlagen des Maximal- und Schnellkrafttrainings* (S.282-300), Schorndorf: Verlag Hofmann.
- Alway, S. E., Grumbt, W. H., Stray-Gundersen, J. & Gonyea, W. J. (1992). Effects of resistance training on elbow flexors of highly competitive bodybuilders. *Journal of Applied Physiology*, 72, 1512-1521.
- Alway, E. S., Stray-Gundersen, J., Grumbt, W. H. & Gonyea, W. J. (1990). Muscle cross-sectional area and torque in resistance-trained subjects. *European Journal of Applied Physiology*, 60, 86-90.
- Andersen, L. L. & Aagaard, P. (2006). Influence of maximal muscle strength and intrinsic muscle contractile properties on contractile rate of force development. *European Journal of Applied Physiology*, 96, 46-52.
- Atha, J. (1981). Strengthening muscle. *Exercise and Sports Science Review* 9, 173.
- Baechle, T. R., Earle, R. W. & Wathen, D. (2000). Resistance Training. In T. R. Baechle & R. W. Earle (Eds.), *Essentials Of Strength Training And Conditioning* (pp. 395-426). Champaign, IL. Human Kinetics.
- Baker, D. (1996). Improving vertical jump performance through general,

- special, and specific strength training: A brief review. *Journal of Strength and Conditioning Research*, 10 (2), 131-136.
- Baker, D. (2001). Comparison of maximum upper body strength and power between professionals and college-aged rugby league players. *Journal of Strength and Conditioning Research*, 15 (1), S.30-35.
- Baker, D. & Nance, S. (1999). The relationship between running speed and measures of strength and power in professional rugby league players. *Journal of Strength and Conditioning Research*, 13 (3), 230-235.
- Baker, D., Wilson, G. & Carlyon, R. (1994). Periodization. the effect an strength of manipulating volume and intensity. *Journal of Strength and Conditioning Research*, 8 (4), 235-242.
- Ballreich, R. & Brüggemann, G. P. (1986). Biomechanik des Weitsprungs. In R. Ballreich & A. Kuhlow (Hrsg.), *Biomechanik der Sportarten - Band 1: Biomechanik der Leichtathletik* (S. 28-47). Stuttgart: Ferdinand EnkeVerlag.
- Ballreich, R. & Kuhlow, A. (1980). Hammerwurf - Biomechanische Analyse und Ansteuerung konditioneller Komponenten bei Hochleistungsathleten. In: R. Ballreich & A. Kuhlow (Hrsg.), *Beiträge zur Biomechanik des Sports, Schriftenreihe des Bundesinstitut für Sportwissenschaften - Band 32*, Schorndorf: Verlag Karl Hofmann, 133-148.
- Baumann, W., Schwirtz, A. & Groß, V. (1986). Biomechanik des Kurzstreckenlaufs. In R. Ballreich, R. & A. Kuhlow (Hrsg.), *Biomechanik der Sportarten - Band 1: Biomechanik der Leichtathletik* (S.1-15). Stuttgart: Ferdinand Enke Verlag.
- Bell, G. J., Petersen, S. R., Wessel, J., Bagnall, K. & Quinney, H. A. (1991): Physiological adaptations to concurrent endurance training and low velocity resistance training. *International Journal of Sports Medicine*, 12 (4), 384390.
- Berg, K., Miller, M. & Stephens, L. (1986). Determinants of 30 meter sprint time in pubescent males. *Journal of Sports Medicine and Physical Fitness*, 26, 225231.
- Bergmaier, G. & Neukomm, P. (1973). The correlations between static muscular force and speed of movement. In: S. Cerquiglini, A. Venerando, & J. Wartenweiler (eds.), *Biomechanics III, Medicine ans Sport - Vol. 8* (pp. 325238), Basel: S. Karger AG Verlag für Medizin und Naturwissenschaft.
- Bigland-Ritchie, B. (1981). EMG and fatigue of human voluntary and stimulated contractions. In R. Porter & J. Whelan (Eds.), *Human muscle fatigue: physiological mechanisms*. Ciba Foundation Symposium 1981. London: Pitman Medical.
- Bigland-Ritchie, B., Jones, D. A., Hosking, G. P. & Edwards, R. H. T. (1978). Central and peripheral fatigue in sustained maximum voluntary contractions of human muscle. *Clinical Science and Molecular Medicine*, 54, 609-614.
- Bigland-Ritchie, B., Jones, D. A. & Woods, J. J. (1979). Excitation frequency and muscle fatigue: electrical responses during human voluntary and stimulated contractions. *Experimental Neurology*, 64, 414-427.
- Bigland-Ritchie, B., Kukulka, C. G., Lippold, O. C. & Woods, J. J. (1982). The absence of neuromuscular transmission failure in sustained maximal

- voluntary contractions. *Journal of Physiology*, 330, 265-278.
- Blazevich, A. J., Cannavan, D., Coleman, D., Horne, S. & Aagaard, P. (2006). Effect of concentric- and eccentric-only strength training, and detraining, on the rate of force development of human skeletal muscle. In: P. Aagaard, K. Madsen, P. Magnusson, & J. Bojsen-Moller, J. (Eds.), *Strength Training for Sport Health and Rehabilitation - 5th International Conference on Strength Training 18th - 21st October*, 104-105.
- Blazevich, A.J. & Jenkins, D. G. (1998). Predicting sprint running times from isokinetic and squat lift tests: a regression analysis. *Journal of Strength and Conditioning Research*, 12 (2), 101-103.
- Blazevich, A. J. & Jenkins, D. G. (2002). Effect of the movement speed of resistance training exercise on sprint and strength performance in concurrently training elite junior sprinters. *Journal of Sport Sciences*, 20, 981-990.
- Blessing, D., Stone, M., Byrd, R. Wilson, D. & Rozenek, R. (1987). Blood lipid and hormonal changes from jogging and weight training of middle-aged men. *Journal of Applied Sport Science Research*, 1 (2), 25-29.
- Bloomer, R. J. & Ives, J. C. (2000). Varying Neural and Hypertrophic Influence in a Strength Program. *Strength and Conditioning Journal*, 22 (2), 30-35.
- Bompa, T. O. (1996). Variations of periodization of strength. *Strength and Conditioning Journal*, 18 (3), 58-61.
- Bompa, T. O. (1999). *Periodization - Theory and methodology of training*. Champaign IL: Human Kinetic Publishers.
- Bondarchuk, A. (1988). Periodization of Sports Training. *Soviet Sports Review*, 23 (4), 164-166.
- Bosco, C. (1988). Krafttraining für Volleyballer. *Leistungssport*, (2), 51-54
- Brechue, W. F. & Abe, T. (2002). The role of FFM accumulation and skeletal muscle architecture in powerlifting performance. *European Journal of Applied Physiology*, 86, 327-336.
- Bret, C., Rahmani, A., Dufour, A.B., Messonier, L. & Lacour, J. R. (2002). Leg strength and stiffness as ability of female 100 metre sprinters of different performance levels, *Journal of Sports Medicine and Physical Fitness*, 42, 274-281.
- Bryant, C. X. (1988). *How to develop muscular power - The essentials: strength, skills, and flexibility*. Master Press, Michigan (U.S.).
- Brzycki, M. (1989). *A practical approach to strength training*. Grand Rapids, Mich.: Masters Press.
- Bührle, M. (1985). Dimensionen des Kraftverhaltens und ihre spezifischen Trainingsmethoden. In M. Bührle (Hrsg.), *Grundlagen des Maximal- und Schnellkrafttrainings* (S. 82-111), Schorndorf: Verlag Hofmann.
- Bührle, M. (1993). Schnellkraft - Theoretisches Konstrukt - physiologischer Hintergrund und Bedingungsstruktur - diagnostische Erfassung - spezifische Trainingsmethoden. *Spectrum der Sportwissenschaft*, 2, 5-29.
- Bührle, M., Müller, K.-J. & Schmidtbleicher, D. (1982). Schlagkraft und Bewegungsschnelligkeit des Boxers. *Leistungssport*, 12 (3), 246-248.
- Bührle, M. & Schmidtbleicher, D. (1977). Der Einfluß von Maximalkrafttraining auf die Bewegungsschnelligkeit. *Leistungssport*, 7 (1), 3-10.
- Bührle, M., Schmidtbleicher, D. & Ressel, H. (1983). Die spezielle Diagnose der einzelnen Kraftkomponenten im Hochleistungssport. *Leistungssport*,

- 3, 1116.
- Chernyak, A. V., Karimov, E. S. & Butinchinov, Z. T. (1980). Distribution of load volume and intensity throughout the year (weightlifting). *Soviet Sports Review*, 15,98-101.
- Chilibeck, P. D., Calder, A. W., Sale, G. & Webber, C. E. (1998). A comparison of strength and muscle mass increases during resistance training in young women. *European Journal of Applied Physiology*, 77, 170-175.
- Cissik, J. M. (2002). Basic principles of strength training and conditioning. *NSCA's Performance Training Journal*, 1 (4), 7-11.
- Cissik, J., Hedrick, A. & Barnes, M. (2008). Challenges applying the research an periodization. *Strength and Conditioning Journal*, 30 (1), 45-51.
- Colgate, J. A. (1966). Arm strength relative to arm speed. *The Research Quarterly*, 37 (1), 14-22.
- Cunha, L., Ribeiro, J., Fernandes, O., Valamatos, M. J., Valamatos, M. J., Pinto, R. & Santos, P. (2007). The relationships between sprint run and strength parameters in young athletes and non-athletes. In: H.-J. Menzel & M. H. Chagas (Eds.), *Proceedings of the XXVth International Symposium an Biomechanics in Sport*, 23. - 27. August 2007 Oruo Preto, Brazil, 319-322.
- Davies J., Parker D. F., Rutherford O. M. & Jones, D. A. (1988). Changes in strength and cross sectional area of the elbow flexors as a result of isometric strength training. *European Journal of Applied Physiology*, 57, 667-670.
- De Carvalho, A., Jørgensen, J., Schibye, B., Klausen, K. & Andersen, A. H. (1985). Controlled ultrasonographic measurements of cross-sectional areas of the quadriceps muscle submitted to dynamic strength training. *Journal of Sports Medicine and Physical Fitness*, 25, 251-254.
- Deiß, D. (1990). Gegenwärtiger Stand des Krafttrainings bei Anschlusskatern in Schnellkraftsportarten sowie Ansätze für seine wirkunsvollere Gestaltung. *Training und Wettkampf*, 28 (1990) 71, 69-76.
- Deiß, D. & Pfeiffer, U. (1991). *Leistungsreserven im Schnelligkeitstraining*. Sportwissenschaft für die Praxis 10, Berlin: Sportverlag.
- Delecluse, C. (1997). Influence of strength training an sprint running performance - Current findings and implications for training. *Sports Medicine*, 24 (3), 147156.
- Delecluse, C., van Coppenolle, H., Willems, E., Van Leemputte, M., Diels, R. & Goris, M. (1995). Influence of high-resistance and high-velocity training an sprint performance. *Medicine and Science in Sports and Exercise*, 27 (8), 1203-1209.
- Deporte, E. & van Gheluwe, B. (1988). Ground reaction forces and moments in javelin throwing. In: G. de Groot, A.P. Hollander, P.A. Huijing & G.J. van Ingen Schenau (Eds.): *International Series of Biomechanics*, Volume XI-B (pp.575-581), Amsterdam: Free University Press.
- Dickwach, H. & Lippmann, J. (2000). Entwicklungstendenzen in den technischen Schnellkraftdisziplinen der Leichtathletik und im Gewichtheben. *Zeitschrift für angewandte Trainingswissenschaft*, 7 (2), 110-137.
- DLV-Trainer Wurf (1988). Das Krafttraining beim Aufbautraining im Block Wurf. *Die Lehre der Leichtathletik*, 27 (10-11), 373-377.

- Dons, B., Bollerup, K., Bonde-Petersen, F. & Hancke, S. (1979). The effect of weight-lifting exercise related to muscle fiber composition and muscle cross-sectional area in humans. *European Journal of Applied Physiology*, 40, 95-106.
- Draper, D. (2001). *Brother Iron Sister Steel - A Bodybuilder's Book*. Aptos On Target Publications.
- Drechsler, A. (1998). *The Weightlifting Encyclopedia - A guide to world class performance*. Whitestone (USA): A is A Communications.
- Dudley, G. A., Tesch, P. A., Miller, B. J. & Buchanan, P. (1991). Importance of eccentric actions in performance adaptations to resistance training. *Aviation Space and Environmental Medicine*, 62, 543-550.
- Dursenev, L. 1. & Raevsky, L. G. (1982). Strength training for jumpers. *Track and field Quarterly Review*, 53-55.
- Enoka, R. M. & Fuglevand, A. J. (1993). Neuromuscular basis of the maximum voluntary force capacity of muscle. In: M. D. Grabiner (Edt.), *Current Issues in Biomechanics* (pp. 215-235), Champaign (IL): Human Kinetics Publishers.
- Fleck, S. J. (2002). Periodization of training. In W. J. Kraemer & K. Häkkinen (Eds.), *Strength Training for Sport* (pp. 55-68). Oxford: Blackwell Science.
- Fleck, S. J. & Kraemer, W. J. (1988). Resistance Training. Basic Principles (Part 1 of 4). *The Physician and Sportsmedicine*, 16 (3), 160-172.
- Fleck, S. J. & Kraemer, W. J. (2003). *Designing Resistance Training Programs*. Champaign, IL: Human Kinetics.
- Fritzsche, G. (1974). Zur Methodik des Krafttrainings mit der Scheibenhantel. *Theorie und Praxis der Körperkultur*, 23 (7), 619-626.
- Froböse, I. (1996). *Isokinetisches Training in Sport und Therapie - Steuerung des Trainingsaufbaus nach Sport- und Unfallverletzungen*. Schriftenreihe der Deutschen Sporthochschule Köln - Band 28. Sankt Augustin: Academica.
- Fry, A. C., Häkkinen, K. & Kraemer, W. J. (2002). Special considerations in strength training. In: W. J. Kraemer & K. Häkkinen (Eds.), *Strength Training for Sport* (pp. 135-162), Oxford: Blackwell Science.
- Fry, R. W., Morton, A. R. & Keast, D. (1992). Periodization and the prevention of overtraining. *Canadian Journal of Applied Sport Sciences*, 17 (3), 241-248.
- Fuchs, R. (1986). Strength training for women javelin throwers, in: IAAF (edt.): *Women's track and field athletes. The official Report of the First IAAF Congress on Women's Athletics, Mainz, F. R. Germany, 9-11 December 1983*, 332-339.
- Fukunaga, T., Funato, K. & Ikegawa, S. (1992). The effects of resistance training on muscle area and strength in prepubescent age. *Annals of Physiological Anthropology*, 11, 357-364.
- Gamble, P. (2006). Periodization of training for team sports athletes. *Strength and Conditioning Journal*, 28 (5), 56-66.
- Garhammer, J. & Takano, B. (2003). Training for Weightlifting; In P. V. Komi (Ed.), *Strength and Power in Sport* (pp. 502-515). Oxford: Blackwell Scientific.
- Gehrke, K. (1986). Training for take-off in women athletes in the juvenile and junior categories, for the disciplines of jumping and for multi-discipline

- events. in: IAAF (edt.), Women's track and field athletes. The official Report of the First IAAF Congress on Women's Athletics, Mainz, F. R. Germany, 9-11 December 1983, 346-351.
- Gehrmann, C. (1974). Anforderungen an die Athletin im Kugelstoß (Leistungsbereich 16 bis 17 m). *Lehre der Leichtathletik*, 25 (7), 230-231.
- Goertzen, M. (1994). Injuries in weightlifting, in: Renström, P. A. (edt.): Clinical practice of sports injury prevention and care. The Encyclopaedia of Sports Medicine - Volume V (pp. 536-546), Oxford: Blackwell Science.
- Gorostiaga, E. M., Izquierdo, M., Ruesta, M., Iribarren, J., González-Badillo, J. J. & J. Ibáñez (2004). Strength training effects on physical performance and serum hormones in young soccer players. *European Journal of Applied Physiology*, 91, 698-707
- Gottlob, A. (2001). Differenziertes Krafttraining mit Schwerpunkt Wirbelsäule. München: Urban & Fischer Verlag.
- Graham, J. (2002). Periodization research and an example application. *Strength and Conditioning Journal*, 24 (6), 62-70.
- Häkkinen, K., Alän, M. & Komi, P.V. (1985). Changes in isometric force- and relaxation-time, electromyographic and muscle fibre characteristics of human muscle during strength training and detraining. *Acta Physiologica Scandinavica*, 125, 573-585.
- Häkkinen, K. & Häkkinen, A. (1995). Neuromuscular adaptations during intensive strength training in middle-aged and elderly males and females. *Electromyography and Clinical Neurophysiology*, 35, 137-147.
- Häkkinen, K., Kauhanen, H. A., Pakarinen, A. J. & Komi, P. V. (1988). Neuromuscular adaptations and serum hormones during one year training of elite junior weightlifters. In: G. de Groot, A. P. Hollander, P. A. Huijing & G. J. van Ingen Schenau (Eds.), *International Series of Biomechanics*, Volume XI-B (pp. 889-894), Amsterdam: Free University Press.
- Häkkinen, K. & Keskinen, K. L. (1989). Muscle cross-sectional area and voluntary force production characteristics in elite strength- and endurance-trained athletes and sprinters, *European Journal of Applied Physiology*, 59, 215-220.
- Häkkinen, K. & Komi, P. V. (1983). Electromyographic changes during strength training and detraining. *Medicine and Science in Sports and Exercise*, 15, 455-460.
- Häkkinen, K. & Komi, P. V. (1985a). Changes in electrical and mechanical behaviour of leg extensor muscles during heavy resistance strength training. *Scandinavian Journal of Sports Sciences*, 7, 55-64.
- Häkkinen, K. & Komi, P. V. (1985b). Effect of explosive type strength training on electromyographic and force production characteristics of leg extensor muscles during concentric and various stretch-shortening cycle exercises. *Scandinavian Journal of Sports Sciences*, 7 (2), 65-76.
- Häkkinen, K., Komi, P. V. & Alän, M. (1985). Effect of explosive type strength training on isometric force- and relaxation-time, electromyographic and muscle fibre characteristics of leg extensor muscles. *Acta Physiologica Scandinavica*, 125, 587-600.
- Häkkinen, K., Komi, P. V., Alen, M. & Kauhanen, H. (1987). EMG, muscle fibre and force production characteristics during a 1-year training period

- in elite weight-lifters. *European Journal of Applied Physiology*, 56, 419-427.
- Häkkinen, K., Komi, P. V. & Kauhanen, H. (1986). Electromyographic and force production characteristics of leg extensor muscles of elite weight lifters during isometric, concentric, and various stretch-shortening cycles exercise. *International Journal of Sports Medicine*, 7, 144-151.
- Häkkinen, K., Komi, P. V., & Pakarinen, A. (1989). Neuromuscular adaptations during strength and power training. In: M. Krist (Edt.), *Paavo Nurmi Congress Book, 50th Anniversary of the Finnish Society of Sports Medicine, August 28th - September 1st, Turku, Finland*.
- Häkkinen, K., Komi, P. V. & Tesch, P. A. (1981). Effect of combined concentric and eccentric strength training and detraining on force-time, muscle fiber and metabolic characteristics of leg extensor muscles. *Scandinavian Journal of Sports Sciences*, 3 (2), 50-58.
- Häkkinen, K., Pakarinen, A., Kyröläinen, H., Cheng, S., Kinn, D. H. & Komi, P. V. (1990). Neuromuscular adaptations and serum hormones in females during prolonged power training, *International Journal of Sports Medicine*, 11, 9198.
- Haff, G. G. (2004). Roundtable discussion: periodization of training - Part 1. *Strength and Conditioning Journal*, 26 (1), 50-69.
- Haney, L. & Rosenthal, J. (1993). *Lee Haney's ultimate Body-Building*. New York: St. Martin's Press.
- Handreck, K. (1965). Meine Erfahrungen im Aufbautraining mit Sprintern. *Theorie und Praxis Leibeserziehung*, 3 (1), 31-69.
- Hasegawa, H., Dziados, J., Newton, R. U., Fry A. C., Kraemer, W. J. & Häkkinen, K. (2002). Periodized training programmes for athletes. In W. J. Kraemer & K. Häkkinen (Eds.), *Strength Training for Sport* (pp. 69-134). Oxford: Blackwell Science.
- Hatfield, F. C. (1984). *Bodybuilding - A Scientific Approach*. Lincolnwood (Chicago): Contemporary Books.
- Hatfield, F. C. (1989). *Power - A Scientific Approach*. Lincolnwood (Chicago): Contemporary Books.
- Hatfield, F. C. (1993). *Hardcore Bodybuilding - A Scientific Approach*. Lincolnwood (Chicago): Contemporary Books.
- Hather, B. M., Tesch, P. A., Buchanan, P. & Dudley, G. A. (1991). Influence of eccentric actions on skeletal muscle adaptations to resistance training. *Acta Physiologica Scandinavia*, 143. 177-185.
- Hay, J. G. (1993). *The biomechanics of sports techniques*. Upper Saddle River (NY): Prentice Hall.
- Hedrick, A. (1993). Literature review: high speed resistance training. *National Strength and Conditional Association Journal*, 15(6), 22-30.
- Hennessy, L. & Kilty, J. (2002). Relationship of the stretch-shortening cycle to sprint performance in trained female athletes. *The Journal of Strength and Conditioning Research*, 15(3), 326-331.
- Herrick, A. B. & Stone, W. J. (1996). The effects of periodization vs. progressive resistance exercise on upper- and lower-body strength in women. *Journal of Strength and Conditioning Research*, 10 (2), 72-76.
- Heß, W.-D. (1991). Leistungsstrukturelle Aspekte des 100-m-Laufes und ihre Umsetzung in die Trainingspraxis. *Die Lehre der Leichtathletik*, 30 (22), 15-18.

- Heyden, G., Droste, J. & Steinhöfer, D. (1988). Zum Zusammenhang von Maximalkraft, Schnellkraft und Bewegungsschnelligkeit. *Leistungssport*, 2, 39-46.
- Hoff, J. (2001). Maximal strength training enhances running economy and aerobic endurance performance. *Medicine and Science in Sport and Exercise*, 33 (5 suppl.), 270.
- Hoff, J. & Berdahl, G. O. (2000). Load dependent strength training effects on power production and performance. *Medicine and Science in Sports and Exercise*. 32 (5 suppl.), 152.
- Hoffman, J. R. (2002). Periodized training for the strength/power athlete. *NSCA's Performance Training Journal*, 1 (9), 8-12.
- Hollmann, W. & Hettinger, Th. (2000). *Sportmedizin - Grundlagen für Arbeit, Training und Präventivmedizin*. Suttgart: Schattauer Verlagsgesellschaft mbH.
- Hommel, H. (1987). Trainingsaufbau sowie Schnelligkeits- und Ausdauertraining des Sprinters. *Die Lehre der Leichtathletik*, 26 (9-10), 413-417.
- Houston, M. E., Froese, E. A., Valeriote, S. P., Green, H. J. & Ranney, D. A. (1983). Muscle performance, morphology and metabolic capacity during strength training and detraining: a one leg model. *European Journal of Applied Physiology*, 51, 25-35.
- Houston, M. E., Norman, R. W. & Froese, E. A. (1988). Mechanical measures during maximal velocity knee extension exercise and their relation to fibre composition of the human vastus lateralis muscle. *European Journal of Applied Physiology*, 58, 1-7.
- Ikai, M. & Fukunaga, T. (1968). Comparison of muscle strength per unit cross-sectional area of muscle by means of ultrasonic measurements. *Internationale Zeitschrift für angewandte Physiologie einschließlich Arbeitsphysiologie*, 26, 26-32.
- Ikai, M. & Fukunaga, T. (1970). A study on training effect on strength per unit cross-sectional area of muscle by means of ultrasonic measurements. *Internationale Zeitschrift für angewandte Physiologie einschließlich Arbeitsphysiologie*, 28, 173-180.
- Ishida, K., Moritani, T. & Itoh, K. (1990). Changes in voluntary and electrically induced contractions during strength training and detraining. *European Journal of Applied Physiology*, 60, 244-248.
- Irwin, G., Kerwin, D., Rosenblatt, B. & Wiltshire, H. (2007). Evaluation of the power clean as a sprint specific exercise, In: H.-J. Menzel & M. H. Chagas (Eds.), *Proceedings of the XXVth International Symposium on Biomechanics in Sport*, 23. - 27. August 2007 Oruo Preto, Brazil, 493-496.
- Issurin, W. & Shkliar, W. (2002). Zur Konzeption der Blockstruktur im Training von hochklassifizierten Sportlern. *Leistungssport*, 32 (6), 42-45.
- Ivanov, L., Krugliy, V. & Zinchenko, V. (1979). Individualized strength development.
- Jentsch, H. (1990). Aspekte zur Umsetzung des Prinzips der Methodenvielfalt und einer altersspezifischen Entwicklung und Ausprägung der Maximalkraft bei Gewichthebern. *Training und Wettkampf*, 28, 77-80.
- Joch, W. (1989). Erhöhung des Kraftpotentials als Voraussetzung für Leistungssteigerungen im Sprint? *Die Lehre der Leichtathletik*, 28 (6-7),

338-340.

- Joch, W. (1992). Rahmentrainingsplan für das Aufbautraining Sprint. Edition Leichtathletik Band 2, Aachen: Meyer & Meyer Verlag.
- Jones, D.A. & Rutherford, O.M. (1987). Human muscle strength training: The effects of three different regimes and the nature of the resultant changes. *Journal of Physiology*, 391, 1-11.
- Kanehisa, H., Ikegawa, S. & Fukunaga, T. (1994). Comparison of muscle crosssectional area strength between untrained women and men, *European Journal of Applied Physiology*, 68, 148-154
- Kaneko, M., Fuchimoto, T., Toji, H. & Suei, K. (1983). Training effect of different loads on the force-velocity relationship and mechanical power output in human muscle. *Scandinavian Journal of Sports Sciences*, 5, 50-55.
- Kawamori, N., Rossi, S.J., Justice, B.D., Haff, E.E., Pistilli, E.E., O'Bryant, H., Stone, M.H. & Haff, G.G. (2006). Peak force and rate of force development during isometric and dynamic mid-thigh clean pulls performed at various intensities. *Journal of Strength and Conditioning Research*, 20 (3), 483-491.
- Keil, M. & Weineck, J. (2005). *Optimales Eishockeytraining - Konditionstraining für den Eishockeyspieler*. Spitta Verlags GmbH & Co. KG, Balingen.
- Komi, P.V. (1973). Measurement of the force-velocity relationship in human muscle under concentric and eccentric contractions. In: S. Cerquiglini, A. Venerando & J. Wartenweiler (Eds.), *Biomechanics III, Medicine and Sport - Vol. 8* (pp.224-229), Basel: S.Karger AG Verlag für Medizin und Naturwissenschaft.
- Komi, P.V. (1979). Neuromuscular performance: Factors influencing force and speed production. *Scandinavian Journal of Sports Sciences*, (1), 2-15.
- Komi, P.V. (1986). Training of muscle strength and power: interaction of neuromotoric, hypertrophic and mechanical factors. *International Journal of Sports Medicine*, 7 suppl., 10-15.
- Komi, P.V. (1989). Skelettmuskulatur. In: A. Dirix, G.H. Knuttgen & K. Tittel (Hrsg.), *Olympia Buch der Sportmedizin* (S.29-49). Köln: Deutscher Ärzte Verlag, Köln.
- Komi, P.V. & Häkkinen, K. (1989). Maximalkraft und Schnellkraft. In A. Dirix, H.G: Knuttgen & K. Tittel (Hrsg.), *Olympia Buch der Sportmedizin* (S.157-167). Köln: Deutscher Ärzte Verlag.
- Kraemer, W.J. (1985). Exercise prescription: chronic program variables (periodization of training). *National Strength and Conditioning Association Journal*, 7 (3), 47.
- Kraemer, W.J. (2002). Developing strength training workout. In W.J. Kraemer & K. Häkkinen (Eds.). *Strength Training for Sport* (pp. 37-54). Oxford: Blackwell Science.
- Kraemer, W.J., Deschenes, M.R. & Fleck, S.J. (1988). Physiological adaptations to resistance exercise - Implications for athletic conditioning. *Sports Medicine*, 6,246-256.
- Kraemer, W.J. & Newton, R.U. (1994). Training for improved vertical jump. *Sports Science Exchange / Gatorade Sports Science Institute* 7 (6).
- Kramer, J.B., Stone, M.H., O'Bryant, H.S., Conley, M.S., Johnson, R.L., Nieman, D.C., Honeycutt, D.R. & Hoke, Th. P. (1997). Effects of single vs multiple set of weight training. Impact of volume. Intensity. and

- variation. *Journal of Strength and Conditioning Research*, 11 (3), 143-147.
- Kudu, F. (1986). What differentiates the strength training of the heptathlete from that of the decathlete? In: IAAF (edt.), *Women's track and field athletes* (pp.360-364), The official Report of the First IAAF Congress on Women's Athletics, Mainz, F.R. Germany, 9-11 December 1983.
- Kukolj, M., Ropret, R., Ugarkovic, D. & Jaric, S. (1999). Anthropometric, strength, and power predictors of sprinting performance. *The Journal of Sports Medicine and Physical Fitness*, 39 (2), 120-122.
- Lafortune, M.A., Valiant, G.A. & McLean, B. (2000). Biomechanics of running. In: J.A. Hawley (Edt.), *Oxford: Running*, Blackwell Sciences.
- Lakomy, H.K.A. (2000). Physiology and biochemistry of sprinting. In J.A. Hawley (Ed.). *Running* (pp. 1-13). Oxford: Blackwell Sciences.
- Larson, G. D. & Potteiger, J.A. (1997). A comparison of three different rest intervals between multiple squat bouts. *Journal of Strength and Conditioning Research*, 11 (2), 115-118.
- Letzelter, H. (1983). *Ziele. Methoden und Inhalte des Krafttrainings. Sportwissenschaften und Sportpraxis*, 48, Ahrensburg bei Hamburg: Czwalina.
- Letzelter, H. & Letzelter, M. (1985). Sportmotorische Kraftdiagnostik im Kugelstoßen. *Leistungssport*, 15 (3), 39-44.
- Letzelter, H. & Letzelter, M. (1990). *Krafttraining*. Reinbek bei Hamburg: Rowohlt Taschenbuch Verlag GmbH.
- Letzelter, M. (1994). *Trainingsgrundlagen - Training, Technik, Taktik*. Reinbek bei Hamburg: Rowohlt Taschenbuch Verlag GmbH.
- Letzelter, M. & Walter, K. (1976a). Kugelstoßleistungen und Kraftniveau - Zur Abhängigkeit der Kugelstoßweite vom Leistungsniveau in ausgewählten Maximalkraftübungen, *Praxis der Leibesübungen*, 17 (5), 97-98.
- Letzelter, M. & Walter, K. (1976b). Kugelstoßleistung und Kraftniveau, *Praxis der Leibesübungen*, 17 (6), 107-108.
- Letzelter, M., Sauerwein, G. & Burger, R. (1995). Resistance runs in speed development, *Modern Athlete Coaching*, 33, 7-12.
- Letzelter, M., Sauerwein, G. & Burger, R. (2006). "Vorläufig, teurer Trainer, ist alle Theorie". *Leistungssport*, 36 (6), 32-37.
- Leverköhne, K.-H. (1981). Darstellung exemplarischer Mikrozyklen für das Hochleistungstraining Hammerwurf. In: N. Müller, M. Letzelter, H.-E. Rösch, & B. Wischmann (Hrsg.), *Leichtathletiktraining im Spannungsfeld von Wissenschaft und Praxis, Arbeitsbericht des Internationalen DLV-Fortbildungskongress "Leichtathletik vor Moskau" vom 23.-25.11.1979 am Fachbereich Sport der Universität Mainz, Niedernhausen (S.197-203)*, Golling: Schors-Verlag.
- Lippmann, J. (1996). Positionen zur Periodisierung und Belastungsgestaltung vom Aufbau- bis zum Hochleistungstraining in der Sportart Gewichtheben. *Zeitschrift für angewandte Trainingswissenschaft*, 3 (1), 87-107.
- Lippmann, J., Lehmann, F. & Müller, S. (2006). Ansätze zur Entwicklung des Nachwuchstrainings in den Kraft- und Schnellkraftsportarten. *Zeitschrift für angewandte Trainingswissenschaft*, 13 (2), 66-84.
- Lüchtenberg, D. (1988). Laufspezifisches Krafttraining. *Die Lehre der Leichtathletik*, 27 (2), 87-90.

- Lüthi, J.M., Howald, H., Claassen, H., Rösler, K., Vock, P. & Hoppeler, H. (1986). Structural changes in skeletal muscle tissue with heavy-resistance exercise. *International Journal of Sports Medicine*, 7, 123-127.
- MacQueen, I.J. (1954). Recent advantages in technique of progressive resistance exercise (hypertrophy and power programs in weight lifting). *British Medical Journal*, 2, 1193-1198.
- Mann, Ch. (1998). *Built Hard - Basic to advanced bodybuilding*. Champaign, IL: Human Kinetics.
- Maughen, R.J. (1984). Relationship between muscle strength and muscle cross-sectional area - implication for training. *Sports Medicine*, 1, 263-269.
- Maughen, R.J., Watson, J. & Weir, J. (1983). Strength and cross-sectional area of human skeletal muscle. *The Journal of Physiology*, 338, 37-49.
- Mayhew, J.L., McCormick, T.P., Piper, F.C., Kurth, A.L. & Arnold, M.D. (1993). Relationships of body dimensions to strength performance in novice adolescent male powerlifters. *Pediatric Exercise Science*, (5), 347-356.
- McDonagh, M.J.N. & Davies, C.T.M. (1984). Adaptive response of mammalian skeletal muscle to exercise with high loads, *European Journal of Applied Physiology*, 52, 139-155
- McEvoy, K.P. & Newton, R.U. (1998). Baseball throwing speed and base running speed: the effects of ballistic resistance training. *Journal of Strength and Conditioning Research*, 12 (4), 216-221.
- McMillian, J.L., Stone, M.H., Sartin, J., Keith, R., Marple, D., Brown, C. & Lewis, R.D. (1993). 20-hour physiological responses to a single weight-training session. *Journal of Strength and Conditioning Research*, 7 (1), 9-21.
- McWatt, B. (1980). High Jump Training. *Modern Athlete and Coach*, 18 (1), 15-18.
- Meckel, Y., Atterbom, H., Grodjinovsky, A., Ben-Sira, D. & Rotstein, A. (1995). Physiological characteristics of female 100 metre sprinters of different performance levels. *The Journal of Sports Medicine and Physical Fitness*, 35 (3), 169-175.
- Medvedev, A.S., Rodionov, V.I., Rogozyzn, V.N. & Gulyants, A.E. (1982). Training content of weightlifters in the preparatory period, *Soviet Sports Review*, 17, 90-93.
- Medvedev, A.S., Rodionov, V.I., Rogozyzn, V.N. & Melkonyan, A.A. (1979). Periodization of weightlifting training. *Soviet Sports Review*, 14 (4), 196-201.
- Mentzer, M. (1995). *Heavy Duty*. Heilbronn: Sportverlag Ingenohl.
- Mero, A. (1988). Force-time characteristics and running velocity of male sprinters during the acceleration phase of sprinting. *Research Quarterly for Exercise and Sport*, 59 (2), 94-98.
- Mersch, F. & Stoboy, H. (1989). Strength Training and Muscle Hypertrophy in Children. In S. Oseid & K.-H. Carlsen (Ed.). *Children and exercise XIII* (pp. 165-182). Champaign, IL: Human Kinetics.
- Mjagi-Lamp, H. (1973). Kontrollverfahren für den Trainingszustand der Kraft von jungen Werferinnen. *Lehre der Leichtathletik*, 24 (26), 917-918.

- Moir, G., Sanders, R., Button, C. & Glaister, M. (2007). The effects of periodized resistance training on accelerative sprint performance. *Sports Biomechanics*, 6 (3), 285-300.
- Morin, J.-B. & Belli, A. (2003). Mechanical factors of 100m sprint performance in trained athletes. *Science & Sport*, 18, 161-163.
- Moss, B.M., Refsnes, P.E., Abildgaard, A., Nicolaysen, K. & Jensen, J. (1997). Effects of maximal effort strength training with different loads on dynamic strength, cross sectional area, load-power and load velocity relationships. *European Journal of Applied Physiology*, 75, 193-199.
- Murphy, A.J., Wilson, G.J. & Pryor, J.F. (1994). Use of the iso-inertial force mass relationship in the prediction of dynamic human performance. *European Journal of applied Physiology*, 69, 250-527
- Narici, M.V., Roi, G.S., Landoni, L., Minetti, A.E. & Cerretelli, P. (1989). Changes in force, cross-sectional area and neuronal activation during strength training and detraining of human quadriceps. *European Journal of Applied Physiology*, 59, 310-319.
- Narici, M.V., Hoppeler, H., Kayser, B., Landoni, L., Claassen, H., Gavardi, C., Conti, M. & Cerretelli, P. (1996). Human quadriceps cross-sectional area, torque and neural activation during 6 months strength training. *Acta Physiologica Scandinavica*, 157, 175-186.
- Nebe, D., Bialluch, F., Zang, U., Rabe, H.-G., Gundlach, H., Deiß, D. & Müller, S. (1983). Die methodische Gestaltung des Trainings in den Schnellkraftsportarten unter dem Aspekt aktueller Anforderungen. *Theorie und Praxis Leibeserziehung*, 21 (10), 3-31.
- Netreba, A., Yan, B., Popov, D. & Vinogradova, O. (2006). Effects of strength training of various intensity on the force-velocity properties and EMG-activity of leg muscles. P. Aagaard, K. Madsen, P. Magnusson & J. Bojsen-Møller (Eds.), *Strength Training for Sport Health and Rehabilitation - 5th International Conference on Strength Training* 18th - 21 st October, 201-202.
- Nielsen, L. (2006). Strength training in explosive-type sports: athletics-jumping. In P. Aagaard, K. Madsen, P. Magnusson & J. Bojsen-Møller (eds.): *Strength Training for Sport Health and Rehabilitation*, 5th International Conference on Strength Training 18th - 21 st October, 32-37.
- Nigg, B.M. (1974). *Sprung, Springen, Sprünge*. Zürich: Juris Verlag.
- O'Shea, P. (1976). *Scientific principles and methods of strength fitness* (2nd edition). Reading, Massachusetts: Addison-Wesley Publishing Company.
- Ostrowski, K.J., Wilson, G.J., Weatherby, R., Murphy, P.W. & Lyttle, A.D. (1997). The effect of weight training volume on hormonal output and muscular size and function. *Journal of Strength and Conditioning Research*, 11 (1), 148-154.
- Pampus, B. (1995). *Schnellkrafttraining -Theorie, Methoden, Praxis*. Aachen: Meyer & Meyer Verlag
- Pauletto, B. (1986). Rest and recuperation. *NSCA Journal*, 8 (3), 52-53.
- Pearl, B. (1986). *Wege zum optimalen Körper*. München: Ludwig Brummer E.I.GmbH.
- Pearson, S.U., Young, A., Macaluso, A., Devito, G., Nimmo, M.A., Cobbold, M.

- & Harridge, St.D.R. (2002). Muscle function in elite master weightlifters. *Medicine and Science in Sport & Exercise*, 34, 1199-1206.
- Pedemonte, J. (1982). Updated acquisitions about training periodization: part one. *National Strength and Conditioning Journal*, 4 (5), 56-60.
- Pedemonte, J. (1986). Historical perspectives: foundations of training periodization - Part II: the objective of periodization. *National Strength and Conditioning Journal*, 8(4), 26-28.
- Peña, J. (2003). M & F gets to the bottom of the single- vs. multiple- set debate. Which is better for optimal growth?. *Muscle & Fitness*, 1, 148-153.
- Petersen, S., Wessel, J., Bagnall, K., Wilkins, H., Quinney, A. & Wenger, H. (1990). Influence of concentric resistance training on concentric and eccentric strength. *Archives of physical medicine and rehabilitation*, 71, 101-105.
- Pick, J. & Becque, D. (2000). The relationship between training status and intensity on muscle activation and relative submaximal lifting capacity during the back squat. *Journal of Strength and Conditioning Research*, 14 (2), 175-181.
- Pickering, R.J. (1966). Explosive Beinkraft. *Lehre der Leichtathletik*, 17 (11), 320.
- Pipes, T.V. (1979). Physiologic characteristics of elite bodybuilders. *The Physician and Sportsmedicine*, 7, 116-126.
- Platonov, V.N. (2004a). Das langfristige Trainingssystem endet nicht mit dem Erreichen des Leistungshöhepunkts (Teil 1). *Leistungssport*, 34 (2), 18-21.
- Platonov, V.N. (2004b). Das langfristige Trainingssystem endet nicht mit dem Erreichen des Leistungshöhepunkts (Teil 2). *Leistungssport*, 34 (2), 20-23.
- Platz, T. (1985). *Pro-Style Bodybuilding*. New York: Sterling Publishing Co. Inc.
- Plekhov, V.N.(1991). How to structure training. *Soviet Sports Review*, 26 (2), 66-69.
- Plisk, S. (2008b). Resistance Training - Part 1: Considerations in maximizing sport performance.
http://www.coachesinfo.com/index.php?option=com_content&view=article&id=217:strength-resistance&catid=68:strength-generalarticles&Itemid=129,
- Plisk, S.S. & Stone, M.H. (2003). Periodization strategies. *Strength and Conditioning Journal*, 25 (6), 19-37.
- Poletaev, P. & Cervera, V.O. (1995). The Russian approach to planning a weightlifting program. *National Strength and Conditioning Journal*, 17 (1), 20-26.
- Polhemus, R. & Burkhardt, E. (1980). The effects of plyometric training drills on the physical strength gains of collegiate football players. *National Strength Coaches Association Journal*, 2 (5), 14-17.
- Poliquin, C. (1988). Five steps to increasing the effectiveness of your strength training program. *NSCA Journal*, 10 (3), 34-39.
- Poliquin, C. (1999). The importance of rest intervals in training: An interview with Charles Poliquin. *Hockey Conditioning & Player Development*, 3 (2), 9-11

- Quade, K. & Sahre, E. (1989). Sprünge. In K. Willimczik (Hrsg.), *Biomechanik der Sportarten - Grundlagen, Methoden, Analysen* (S.166-196). Reinbeck bei Hamburg: Rowohlt Taschenbuch Verlag GmbH.
- Rachmanliw, P. & Krumov, V. (1986). Strength training in the throwing disciplines of women's track and field athletics. In IAAF (Edt.), *Women's track and field athletes. The official Report of the First IAAF Congress an Women's Athletics, Mainz, F.R. Germany, 9-11 December 1983*, 297-307
- Radcliffe, J.C. & Farentinos, R.C. (1999). *High-powered plyometrics - 77 advanced exercises for explosive sports training*. Champaign (IL): Human Kinetics.
- Rhea, M.R., Alvar, B.A., Burkett, L.N. & Ball, S.D. (2003a). A Meta-analysis to determine the dose response for strength development. *Medicine & Science in Sports & Exercise*, 35 (3), 456-464.
- Rhea, M.R., Phillips, W.T., Burket, L.N., Stone, W.J., Ball, S.D., Alvar, B.A. & Thomas, A.B. (2003b). A Comparison of linear and daily undulating periodized programs with equated volume and intensity for local muscular endurance. *The Journal of Strength and Conditioning Research*, 17 (1), 82-87.
- Ritzdorf, W., Grzybek, W. & Schrey, R. (1987). Differentialdiagnostik der Kraft der Streckmuskulatur der unteren Extremitäten von Kaderhochspringerinnenin. In: H. Rieckert (Hrsg.): *Sportmedizin - Kursbestimmung* (S.598-600). Deutscher Sportärztekongreß Kiel, 16.-19. Oktober 1986, Berlin: Springer Verlag.
- Rodionov, V.I. (1979). Number of repetitions per set in lifting exercises. *Soviet Sports Review*, 14 (3), 114-116.
- Roetert, E.P. (2003). Strength training. what is the proper dose?. *Strength and Conditioning Journal*, 25 (4), 72-73.
- Roman, R.A. (1959). Die Veränderung der Muskelkraft beim Gewichtheben. *Theorie und Praxis der Körperkultur*, 8 (11), 1023-1029.
- Rutherford, O.M. & Jones, D.A. (1986). The role of learning and coordination in strength training. *European Journal of Applied Physiology*, 55, 100-105.
- Sale, D.G. (2003). Neuronal adaptations to strength training. In: P.V. Komi (Edt.), *Strength and Power in Sport* (pp.281-314), Oxford: Blackwell Scientific Publications
- Sale, D. & MacDougall, D. (1981). Specificity in strength training - A review for the coach and athlete. *Canadian Journal of Applied Sport Science*, 6, 87-92.
- Sanderson, L. (1989). Schwerpunkte des Sprinttrainings in Kanada. In: H. Czingon, H. & W. Vonstein: *Bericht von der Sprint-Arbeitstagung des DLV am 12./13.12.1988. Die Lehre der Leichtathletik*, 28 (26), 752-753.
- Sandler, D. (2002). A sample program for periodizing the general athlete. *NSCA's Performance Training Journal*, 1 (9), 21-25.
- Schantz, P., Randall-Fox, E., Hutchison, W., Tyden, A. & Astrand, P.-O. (1983). Muscle fibre type distribution, muscle cross-sectional area and maximal voluntary strength in humans. *Acta Physiologica Scandinavica*, 117, 219-226.
- Schiotz, M.K., Potteiger, J.A., Huntsinger, P.G. & Denmark, D.C. (1998). The shortterm effects of periodized and constant-intensity training on body composition, strength, and performance. *Journal of Strength and Conditioning Research*, 12 (3), 173-178.

- Schmidtbleicher, D. (1980). Maximalkraft und Bewegungsschnelligkeit. Beiträge zur Bewegungslehre
- Schmidtbleicher, D. (1992). Training for power events. In: P.V. Komi (Edt.), Strength and Power in Sport (pp.381-395), Oxford: Blackwell Science, 381395.
- Schmidtbleicher, D. (2000). Biomechanische Belastungen verschiedener Sportarten - Möglichkeiten der präventiven Biomechanik. In: L. Zichner, M. Engelhardt & J. Freiwald (Hrsg.), Sport bei Arthrose und nach endoprothetischem Einsatz (S.47-62), Rheumatologie und Orthopädie - Band 6, Nürnberg: Novartis Pharma Verlag.
- Schmolinsky, G. (1971). Leichtathletik. Berlin: Sportverlag Berlin.
- Schwarzenegger, A. (1999). The New Encyclopaedia of Modern Bodybuilding. New York: Fireside.
- Schwirtz, A., Groß, V. & Baumann, W. (1989). Läufe. In K. Willimczik (Hrsg.), Biomechanik der Sportarten - Grundlagen, Methoden, Analysen (S.127-165). Reinbeck bei Hamburg: Rowohlt Taschenbuch Verlag GmbH.
- Schwirtz, A., Groß, V., Baumann, W. & Kollath, E. (1986). Biomechanik des Hürdenlaufs. In: R. Ballreich, & A. Kuhlow (Hrsg.). Biomechanik der Sportarten - Band 1: Biomechanik der Leichtathletik (S.16-27). Stuttgart: Ferdinand Enke Verlag
- Sheppard, J. (2004). Improving the sprint start with strength and conditioning exercise. Modern Athlete and Coach, 42 (1), 18-23.
- Siff, M.C. (2003). Supertraining. Denver (USA): © Mel C. Siff.
- Stacoff, A., Kaelin, X. & Stuessi, E. (1987). The impact in landing after a volleyball block. In: G. de Groot, A.P. Hollander, P.A. Huijing, G.J. van Ingen Schenau (Eds.), Biomechanics XI-B, International Series of Biomechanics, Volume 7B, XI International Congress of Biomechanics - Amsterdam 1987 (pp.695699), Amsterdam: Free University Press.
- Staron, R.S., Leonardi, M.J., Karapondo, D.L., Malicky, E.S., Falkel, J.E., Hagerman, F.C. & Hikida, R.S. (1991). Strength and skeletal muscle adaptations in heavy-resistance-trained women after detraining and retraining. Journal of Applied Physiology, 70, 631-640.
- Steinhöfer, D. (2003). Grundlagen des Athletiktrainings - Theorie und Praxis zu Kondition, Koordination und Trainingssteuerung im Sportspiel. Münster: Philippka-Sportverlag.
- Stone, M.H., Collins, D. Plisk, S., Haff, G. & Stone, M.E. (2000). Training principles. Evaluation of modes and methods of resistance training. Strength and Conditioning Journal, 22 (3), 65-75.
- Stone, M.H., Pierce, K.C., Haff, G., Koch, A.-J. & Stone, M. (1999a). Periodization. Effects of manipulating volume and intensity - Part 1. Strength and Conditioning Journal, 21 (2), 56-61.
- Stone, M.H., Pierce, K.C., Haff, G., Koch, A.-J. & Stone, M. (1999b). Periodization. Effects of manipulating volume and Intensity - Part II. Strength and Conditioning Journal, 21 (3), 54-60.
- Stone, M.H., Pierce, K.C., Sands, W.A. & Stone, M.E. (2006a). Weightlifting: A brief overview. Strength and Conditioning Journal, 28 (1), 50-66.
- Stone, M.H., Pierce, K.C., Sands, W.A. & Stone, M.E. (2006b). Weightlifting: Program design, Strength and Conditioning Journal, 28 (2), 10-17.
- Stone, M.H., Plisk, S.S., Stone, M.E., Schilling, B.K., O'Bryant, H.S. & Pierce,

- K.C. (1998). Athletic performance development. volume load - 1 set vs. multiple sets, training velocity and training variation. *Journal of Strength and Conditioning*, 20 (6), 22-31.
- Stone, M.H. & O'Bryant, H.S. (1987). *Weight Training - A Scientific Approach*. Edina: Burgess International Group. Inc.. Bellwether Press Division.
- Stone, M.H., O'Bryant, H. & Garhammer, J. (1981). A hypothetical model of strength training. *Journal of Sports Medicine and Physical Fitness*, 21, 342-351.
- Stone, M.H., O'Bryant, H.S., Garhammer, J., McMillian, J. & Rozenek, R. (1982). A theoretical model of strength training, *NSCA Journal*, 4 (4), 36-39.
- Stone, M.H., O'Bryant, H.S., McCoy, L., Coglianese, R., Lehmkuhl, M. & Schilling, B. (2003). Power and maximum strength relationships during performance of dynamic and static weighted jumps. *Journal of Strength and Conditioning Research*, 17 (1), 140-147.
- Stone, M.H., Potteiger, J.A., Pierce, K.C., Proulx, C.M. & O'Bryant, H.S. (1997). Comparison of the effects of 3 different weight training programs on the 1RM squat. a preliminary study. *Journal of Strength & Conditioning Research*, 11 (4), 286.
- Stothart, J.P. (1973). Relationship between selected biomechanical parameters of static and dynamic muscle performance. In: S. Cerquiglini, A. Venerando & J. Wartenweiler (Eds.), *Biomechanics III, Medicine and Sport - Vol. 8* (pp.211-217), Basel: S.Karger AG Verlag für Medizin und Naturwissenschaft.
- Stowers, T., McMillan, J. & Scala, D. (1983). The short-term effects of three different strength-power training methods. *National Strength and Conditioning Association Journal*, 5 (3), 24-27.
- Taingahue, M. & Sleivert, G. (2000). The relationship between sprint start and concentric squat performance. In: C.P. Lee (Edt.), *2nd International Conference on Weightlifting and Strength Training* (p.80), Malaysia.
- Tan, B. (1999). Manipulating resistance training program variables to optimize maximum strength in men. a review. *The Journal of Strength and Conditioning Research*, 13 (3), 187-192.
- Tancic, D. (1985). Das Krafttraining der Hochspringer. In M. Bührle (Hrsg.), *Grundlagen des Maximal- und Schnellkrafttrainings* (S.316-323). Schorndorf: Verlag Hofmann
- Tancic, D. (1986). Strength training for women high jumpers. In IAAF (Edt.), *Women's track and field athletes* (pp. 340-345). The official Report of the First IAAF Congress on Women's Athletics, Mainz, F.R. Germany, 9-11 December 1983.
- Terzis, G., Georgiadis, G., Vassiliadou, E. & Manta, P. (2003). Relationship between shot put performance and triceps brachii fibre type composition and power production. *European Journal of Applied Physiology*, 90, 10-15.
- Tesch, P.A. (1999). *Target Bodybuilding - Precision lifting for more mass and definition*. Champaign, IL: Human Kinetics.
- Thiele, W. (1981). Darstellung von Mikrozyklen im Sprint der Männer. In: N. Müller, M. Letzelter, H.-E. Rösch & B. Wischmann (Hrsg.), *Leichtathletiktraining im Spannungsfeld von Wissenschaft und Praxis, Arbeitsbericht des Internationalen DLV-Fortbildungskongress*

- "Leichtathletik vor Moskau" vom 23.25.11.1979 am Fachbereich Sport der Universität Mainz (S.134-136), Niedernhausen, Golling: Schors-Verlag.
- Thomas, J. (1989). Nachwuchstraining und Hinführung zum Hochleistungssport. In: H. Czingon & W. Vonstein: Bericht von der Sprint-Arbeitstagung des DLV am 12./13.12.1988, Die Lehre der Leichtathletik, 28 (26), 751-754.
- Thorne, G. & Embleton, P. (1997). Encyclopedia of Bodybuilding - The ultimate AZ book on muscle building. Mississauga, Ontario Canada: Publisher of MuscleMag International.
- Thorstensson, A. (1976). Muscle strength, fibre types and enzyme activities in man. Acta Physiologica Scandinavica, Supplementum, 443, 1-45.
- Thorstensson, A., Grimby, G. & Karlsson, J. (1976). Force-velocity relations and fiber composition in human knee extensor muscles. Journal of Applied Physiology, 40 (1), 12-16.
- Thorstensson, A., Karlsson, J., Viitasalo, J.H.T., Luhtanen, P. & Komi, P.V. (1976). Effect of strength training on EMG of human skeletal muscle. Acta physiologica Scandinavica, 98, 232-236.
- Tidow, G. (1982). Zum Problem der Zieltechnik-Realisierung im (leichtathletischen) Mehrkampf. Leistungssport, 12 (3), 191-206.
- Tiefenthaler, H. (1989). Schwerpunkte des Sprinttrainings in Österreich. In: Czingon, H. & Vonstein, W.: Bericht von der Sprint-Arbeitstagung des DLV am 12./13.12.1988. Die Lehre der Leichtathletik, 28 (26), 752.
- Todd, J.B., Conley, D.S., Buster, T.W., Dyrstad, S.L. & Strand, J.T. (2000). Effect of rest interval length on multiple set high intensity bench press performance. Medicine and Science in Sports and Exercise, 32 (5 suppl), 150.
- Urhausen, A. & Kindermann, W. (2002). Übertraining. Deutsche Zeitschrift für Sportmedizin, 53 (4), 121-122.
- Van den Tillmar, R. (2004). Effect of different training programs on the velocity of overarm throwing: a brief review. Journal of Strength and Conditioning Research. 18 (2), 388-396.
- Vermeil, A. & Chu, D. (1982). Periodization of strength training for professional football. National Strength and Conditioning Association Journal, 4 (3), 54-55.
- Verchoshansky, Y.V. (1978). Konzeptionelle Überlegungen zum speziellen Krafttraining. Theorie und Praxis Leibeserziehung, 16 (Beiheft 6), 132-138.
- Verchoshansky, Y.V. (1979). Grundlagen des speziellen Krafttrainings. In K. Adam & Y.V. Verhoshansky (Hrsg.), Modernes Krafttraining im Sport (S.37-148). Schriftenreihe des Bundesausschusses zur Förderung des Leistungssports - Trainerbibliothek (Band 4). Berlin, München, Frankfurt am Main: Verlag Bartels & Wernitz KG.
- Verchoshansky, Y.V. (1988). Effektiv trainieren: neue Wege zur Planung und Organisation des Trainingsprozesses. Berlin: Sportverlag.
- Verchoshansky, Y.V.. (1992). Ein neues Trainingssystem für zyklische Sportarten. Trainerbibliothek Band 29. Münster: Philippka-Verlag
- Verchoshansky, Y.V. (1995). Ein neues Trainingssystem für azyklische Sportarten. Trainerbibliothek, 32. Münster: Philippka-Verlag.
- Verchoshansky, Y.V. & Lazarev, V.V. (1989). From the Eastern Block:

- principles of planning speed and strength / speed endurance training in sports. *National Strength and Conditioning Association Journal*, 11 (2), 58-61.
- Vorobjev, A.N. (1979). The Scientific basis of weightlifting training and technique, *Soviet Sports Review*, 14 (1), 1-5.
- Wachowski, E. (1970). Kraftnormen für Werfer und Stoßer - Vorschläge für Hantelübungen für Männer. *Lehre der Leichtathletik*, 21 (4), 125-126 + 128.
- Wathen, D. (1994). Rest periods. In T.R. Baechle (Ed.), *Essentials of Strength Training and Conditioning* (pp. 451-454), Champaign, IL: Human Kinetics.
- Wathen, D., Baechle, T.R. & Earle, R.W. (2000). Training Variation. Periodization. In T.R. Baechle & R.W. Earle (Eds.), *Essentials Of Strength Training And Conditioning* (pp. 514-528). Champaign, IL: Human Kinetics.
- Weider, J. (1991). *Joe Weider's Bodybuilding - Trainingsmethoden und Ernährungsprinzipien*. München: Wilhelm Heyne Verlag.
- Whitmarsh, B. (2001). *Mind & Muscle - Psych Up. Build Up*. Champaign, IL: Human Kinetics.
- Willems, E.J. (1973). The relationship between the rate of tension development and the strength of a voluntary isometric muscular contraction in man. In: S. Cerquiglini, A. Venerando & J. Wartenweiler (Eds.), *Biomechanics III, Medicine and Sport - Vol. 8* (pp.218-223), Basel: S. Karger AG Verlag für Medizin und Naturwissenschaft.
- Willoughby, D. (1991). Training volume equated. A comparison of periodized and progressive resistance weight training programs. *Journal of Human Movement Studies*, 21, 233-248.
- Willoughby, D.S. (1992). A Comparison of three selected weight training programs on the upper and lower body strength of trained males. *The Applied Research in Coaching and Athletics Annual*, (3), 124-146.
- Willoughby, D.S. & Darryn, S. (1993). The effects of mesocycle-length weight training programs involving periodization and partially equated volumes on upper and lower body strength. *Journal of Strength and Conditioning Research*, 7 (1), 2-8.
- Wilmore, J.H. (1974). Alterations in strength, body composition and anthropometric measurements consequent to a 10-week weight training program. *Medicine and Science in Sports*, 6 (2), 133-138.
- Wirth, K. (2007). *Trainingshäufigkeit beim Hypertrophietraining*. Köln: Sport & Buch Strauß.
- Wisløff, U., Castagna, C., Helgerud, J., Jones, R. & Hoff, J. (2004). Strong correlations of maximal squat strength with sprint performance and vertical jump height in elite soccer players. *British Journal of Sports Medicine*, 38 (3), 285-288.
- Yates, D. & Wolff, B. (1995). *Blut und Schweiß - Die ultimative Methode zum Aufbau maximaler Muskelmasse*. Heilbronn: Sport Verlag Ingenohl.
- Yessis, M. (1981). The key to strength development: variety. *National Strength and Conditioning Association Journal*, 3 (3), 32-34.
- Young, A., Stokes, M., Round, J.M. & Edwards, R.H.T. (1983). The effect of highresistance training on the strength and cross-sectional area of

- the human quadriceps. *European Journal of Clinical Investigation*, 13, 411-417.
- Young, W. (1993). Training for speed/strength: Heavy vs. light loads. *National Strength and Conditioning Association Journal*, 15 (5), 34-42.
- Young, W. (2006). Transfer of strength and power training to sports performance. *International Journal of Physiology and Performance*, 1, 74-83.
- Young, W.B. & Bilby, G.E. (1993). The effect of voluntary effort to influence speed of contraction on strength, muscular power, and hypertrophy development. *Journal of Strength and Conditioning Research*, 7 (3), 172-178.
- Young, W., McLean, B. & Ardagna, J. (1995). Relationship between strength qualities and sprinting performance. *Journal of Sports Medicine and Physical Fitness*, 35 (1), 13-19.
- Zatsiorsky, V.M. (1972a). Die körperlichen Eigenschaften des Sportlers, Schriftenreihe des Bundesausschusses zur Förderung des Leistungssports. Trainerbibliothek Band 3. Berlin, München, Frankfurt a.M.: Verlag Bartels & Wernitz KG.
- Zatsiorsky, V.M. (1972b). Kybernetik - Mathematik - Sport (III) - Untersuchung der Struktur des Trainingszustandes. *Theorie und Praxis der Körperkultur*, 21, 133-149.
- Zatsiorsky, V.M. (1995). *Science and practice of strength training*. Champaign (IL): Human Kinetics
- Zatsiorsky, V.M. (2002). *Kinetics of human motion*. Champaign (IL): Human Kinetics.
- Zatsiorsky, V.M. & Kraemer, W.J. (2006). *Science and practice of strength training*. Champaign (IL): Human Kinetics.
- Zittlau, D. (2001). *Bodytraining - Das erfolgreiche Workout für Muskelaufbau und Ausdauer*. München: Econ Ullstein List Verlag.
- Zrubák, A. (1972). Body composition and muscle strength of body-builders. *Acta Facultatis Rerum Naturalium Universitatis Comenianae Anthropologia*, 19, 135-144.