



Triphasic Training: A systematic approach to elite speed and explosive strength performance (Volume 1)

By Cal Dietz, Ben Peterson

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Triphasic Training is the pinnacle of sports performance training. That's not hype. Cal Dietz, strength coach at the University of Minnesota, has the results to back up this claim – a Hobey Baker Award winner, two Big Ten Athletes of the Year, over 400 All-Americans, 28 Big Ten/WCHA championship teams, 7 NCAA National Team Champions, and 13 teams that finished in the top four in the nation.

Over the past decade, Coach Dietz has worked with thousands of collegiate and professional athletes, incorporating the latest scientific research into developing his Triphasic Training method. His approach breaks down athletic movements into their three components -- eccentric, isometric, and concentric -- allowing for the continuous development of athletes, maximizing their strength, speed, and power.

In this easy-to-understand book, Coach Dietz has teamed up with exercise physiologist, Ben Peterson, to explain the physiological foundations of Triphasic Training and how they can be applied to training, making athletes bigger, stronger and faster than ever before. The authors give examples of complete programs, as well as examples of how to incorporate the Triphasic method into existing programs, with descriptions on adapting it to virtually any scenario.

The digital edition of this book contains over 3,000 hyperlinks to video clips that demonstrate how to properly perform every exercise, as well as six hours of video lectures by Coach Dietz from his national speaking tour. In this book, these hyperlinks are indicated by words or phrases that are underlined. In order for you to take advantage of these features, included in the book is a web link to a downloadable PDF that contains the hyperlinks and videos from the original digital book.

Included in the book:

- 5 complete 24-week training programs designed for 6-day, 5-day, 4-day, 3-day, or 2-day training models.

- Over two dozen tables showing when and how to modify exercises to ensure continuous improvement in athletes.
- Peaking programs for football lineman and skill players; swimmers; baseball, volleyball, and hockey players (among others).
- A complete 52-week training program for football.

“Awesomeness! Finally someone has done it right. If you want to challenge yourself, open your mind and just get better at your craft, I suggest you read this book.”

- Kevin Ziegler

Former NHL Strength Coach for the Phoenix Coyotes and Tampa Bay Lightning

“Triphasic Training is a down-to-earth, raw, bare bones book on training. No B.S., just honest facts. It gives you methods and ideas that have been proven to make athletes better. A must have book for any coach's or athlete's library.”

- Buddy Morris

World Renown Performance Coach

“Triphasic Training is a game-changer! I integrated the Triphasic Method with many collegiate and professional athletes at IMG. The results were outstanding! It's a “must have” for anyone trying to get better!”

- Jeff Dillman

Director of Strength and Conditioning

University of Florida Football

“Amazing book! One of the best books I have read on strength and conditioning. You two have touched upon so many key topics and principles that few discuss to any extent. Awesome work!”

- Jonas Sahratian

Strength and Conditioning Coordinator

University of North Carolina Basketball

“I have to congratulate you as Triphasic Training is one of the best books in strength and conditioning I have read. Extremely practical with very well-presented arguments and logic behind your practical tools and templates. A good blend of innovation, science/research and experience throughout.”

- Scott Williams

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Editorial Review

About the Author

Cal Dietz, M.Ed. Head Olympic Strength Coach, University of Minnesota Cal Dietz has been the Head Olympic Strength and Conditioning coach at the University of Minnesota since 2000. He has developed the Strength and Conditioning Programs and overseen the daily progress in Men's Hockey, Men's Basketball, Women's Hockey, Men's and Women's Golf, Men's Swimming, Track and Field, Baseball, and Wrestling. During his tenure, Dietz has trained a Hobey Baker Award winner, two Big Ten Athletes of the Year, over 400 All-Americans, 28 Big Ten/WCHA championship teams, 7 NCAA National Team Champions, and 13 teams that finished in the top four in the nation. He has consulted with Olympic and World Champions in various sports and professional athletes in the NHL, NFL, NBA, MLB, and Professional Boxing. The Shelby, Ohio, native earned his bachelor's degree in physical education from the University of Findlay in 1996 and his master's degree from Minnesota in kinesiology in May, 2000. Ben Peterson, M.Ed., CSCS Ph.D. Candidate, University of Minnesota Ben is a graduate of Northwestern University where he played football for the Wildcats. During his tenure he developed a passion for discovering what makes the human body tick -- creating and implementing new methods to train, develop and improve sport performance. Ben started his career working for the Minnesota Twins as an assistant strength and conditioning coach in 2008. Over the past four years, Ben's passion and creativity have allowed him to work with hundreds of professional athletes in the NFL, NHL, and MLB; helping them maximize the limits of their athletic potential. Most recently, Ben has been a consultant for Octagon Hockey, spending the NHL off-season working with their athletes in the Minneapolis area. Ben is currently pursuing his Doctorate in Kinesiology and Exercise Physiology at the University of Minnesota. At the university he helps run the Sport Performance Lab while assisting to teach two courses within the kinesiology department; Strength/Power Development and Health and Wellness. His research looks at repeated sprint ability in anaerobic athletes, specifically as it pertains to energy system efficiency and fatigue. His research also looks heavily at power and rate of force development in athletes and its dynamic correspondence and transferability to sport.

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From reader reviews:

Ginger Knowles:

Nowadays reading books be than want or need but also turn into a life style. This reading addiction give you lot of advantages. The advantages you got of course the knowledge the actual information inside the book that improve your knowledge and information. The details you get based on what kind of book you read, if you want have more knowledge just go with education books but if you want sense happy read one with theme for entertaining for instance comic or novel. The particular Triphasic Training: A systematic approach to elite speed and explosive strength performance (Volume 1) is kind of book which is giving the reader unstable experience.

Angie Dean:

Reading a book tends to be new life style in this particular era globalization. With looking at you can get a lot of information that could give you benefit in your life. Having book everyone in this world can easily

share their idea. Ebooks can also inspire a lot of people. A lot of author can inspire their very own reader with their story or perhaps their experience. Not only the story that share in the publications. But also they write about the ability about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors nowadays always try to improve their talent in writing, they also doing some investigation before they write with their book. One of them is this Triphasic Training: A systematic approach to elite speed and explosive strength performance (Volume 1).

Kristen Wright:

Reading can called imagination hangout, why? Because if you find yourself reading a book particularly book entitled Triphasic Training: A systematic approach to elite speed and explosive strength performance (Volume 1) your mind will drift away trough every dimension, wandering in most aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging each word written in a publication then become one contact form conclusion and explanation which maybe you never get just before. The Triphasic Training: A systematic approach to elite speed and explosive strength performance (Volume 1) giving you yet another experience more than blown away your head but also giving you useful information for your better life with this era. So now let us explain to you the relaxing pattern the following is your body and mind will probably be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary spending spare time activity?

Melvin Dwyer:

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