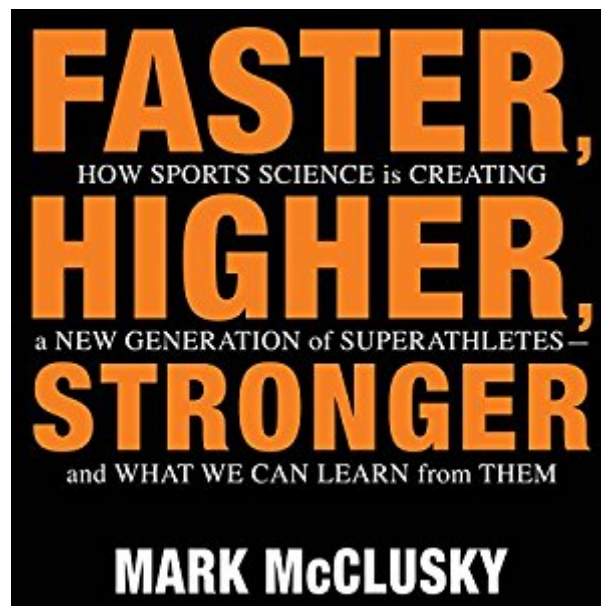


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# Faster, Higher, Stronger: How Sports Science Is Creating A New Generation Of Superathletes - And What We Can Learn From Them



## Synopsis

The world of high-performance athletics is changing forever. Not so long ago, you could compete at the top level with hard work and a good coach, but today, it's impossible to separate the achievements of athletes from the scientists who support them. In *Faster, Higher, Stronger*, veteran journalist Mark McClusky brings listeners behind the scenes with a new generation of athletes, coaches, and scientists whose accomplishments are changing our understanding of human physical achievement and completely redefining the limits of the human body. At the exciting new frontier of sports, science, and technology, the book explores: The role that genes and training play How to find hidden champions and fasttrack greatness The truth about the 10,000 hours rule New research on breaking through fatigue Revolutions in data and nutrition And how we can apply the lessons about focus, dedication, and sheer ingenuity in our own lives. Brimming with cutting-edge science and gripping anecdotes, *Faster, Higher, Stronger* is a fascinating, exhilarating look at how far we can push the boundaries of our bodies and minds.

## Book Information

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## Customer Reviews

If you have read any of Mark McClusky's writings on the convergence of sports and science in *Sports Illustrated* or *Wired* magazine, then you are familiar with his years of exhaustive research on the subject. In *Faster, Higher, Stronger*, McClusky builds on his previous articles to provide a fascinating, in-depth look at how science, technology, medicine, nutrition and training work together to improve the performance of elite athletes. Today, even the casual athlete is aware of how

technology and science are used to improve performance, whether it be through a golf swing analyzer, the design of a new running shoe or through altitude training. Throughout the book, McClusky uses examples of familiar athletes to illustrate the progress made in various sports and the advantages of different training techniques for strength vs. endurance vs. skill athletes. He even discusses several long-held but misunderstood training concepts, like the need for carb replenishment during workouts less than 75 minutes long, that weekend athletes can apply to their own workouts. There is a wealth of information here - sometimes reading like a medical or chemistry textbook so be prepared - but it is incredibly fascinating and informative. With so much emphasis on Olympic and professional champions, I was beginning to think McClusky would leave the elephant in the room of sports unaddressed. But in the second to last chapter, "Athletes' Little Helper," he finally tackles the delicate issue of performance enhancing drugs (and the fall of icons like Ben Johnson, Marion Jones and Lance Armstrong). It's one of the more interesting chapters in the book and McClusky does a good job of walking that fine line between jaded sports journalist and unabashed fan.

McClusky's book tells us how advances in sports science and technology are producing a new class of elite athlete. More usefully, it discusses which practices of high-level athletes can reasonably be emulated by amateurs. One may think that what's good for the goose is good for the gander. In this case, not so much. If shaving a hundredth of a second off your time isn't going to affect your life's course, there are many activities of elite athletes that simply aren't worth the cost (in whatever terms.) For example, the loss of friendships due to rampant flatulence resulting from consuming large quantities of baking soda isn't worth it if you just want a little bit stronger Sunday cycling ride. (Baking soda [sodium bicarbonate] counteracts blood and muscle acidification during exercise and makes it possible to keep moving strongly when fatigued would normally degrade performance. Incidentally, this practice has been shown to be effective only for events that last between one and seven minutes.) On the other hand, some of the lessons of sports science are relatively low cost and high benefit, and might be just what one is looking for to improve one's performance. (e.g. Replacing a pre-workout stretching routine with one of rolling out the muscles.) Faster, Higher, Stronger consists of twelve chapters, each addressing a different aspect of the application of science and technology to sport, including: training methods, genetics, nutrition, recruitment, practice, performance enhancing substances (legal and illegal), elevation training, and the limits of performance. One question that has always been of great interest is how much of a top athlete comes from his or her genes? In other words, can anyone can do it--given a willingness to

work like a maniac of course.

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