

# KAZAKHSTAN WEIGHTLIFTING SYSTEM FOR ELITE ATHLETES BY IVAN ROJAS, GWENDOLYN SISTO

Kazakhstan Weightlifting  
System for Elite Athletes



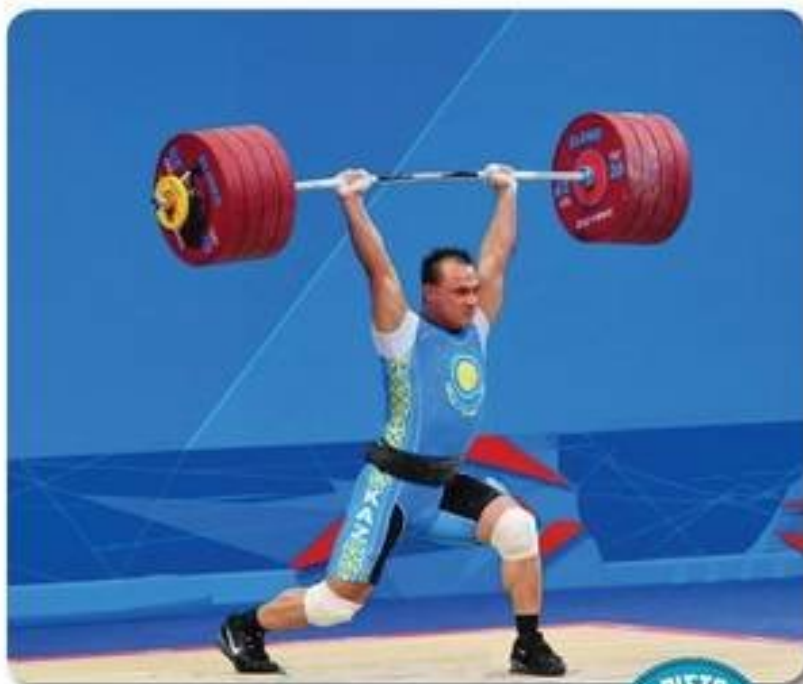
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In 2012, Kazakhstan shocked the weightlifting world by winning four Gold medals at the London Olympics. Kazakhstan had competed as an independent country at the Olympics since 1996. Before the 2008 Olympics, Kazakhstan had never won gold in weightlifting. The secrets of Kazakhstan's success lie in four elements: gifted athletes, a big goal, government funding, and a good plan. This book will provide new insights into the programming of Master of the Sport level weightlifters in Kazakhstan. This information will help elite athletes reach new levels of performance.

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- Binding: Paperback
- 46 pages

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This is a very good book. Contrary to the views of the above ...

By John v

This is a very good book. Contrary to the views of the above reviewer, it is a mix between Soviet and Bulgarian techniques. For reference see Medvedyev's ' A Multi Year Program Of Training ' by Sportinvy Press, and articles on the net by Abajiev / Spassov (Bulgarian w/l coaches ).

It is a text for Master of Sport Weightlifters ( the second highest level of lifter ), not the Kasakstan national team at the olympics - who would all be International Masters of Sport. International Master of Sport lifters are classified as lifters who qualify in the top eight or so at the olympics. So, this text aims at lifters who are internationallly competitive but not in the top eight, which makes it perfect for 'top' Western (USA/UK ) lifters as very few of them qualify for extremely high level International lifting status. The text itself explains that in order to prepare for this intense program an individual will have to train using the Soviet system which is indeed still used up to MS level in Kasakstan, and taught as a separate degree in University.

The volume is crazy (training up to three times a day), no pulling work is included, and it is assumed that the lifter is lifting full time and therefore has access to good recovery (sauna, massage, vitamins). An partner text on the Soviet System by the same author is recommended reading as well.

1 of 1 people found the following review helpful.

This is great read for those in interested in learning more about ...

By christie mcnelly

This is great read for those in interested in learning more about Olympic Lifting. Easy to understand, concise

and on point Ivan and Gwen introduce you to a whole different system than Americans are used but in a way that is easily applied to your own training. I bought a copy for both my daughter and myself and we keep them in our gym bags for easy referencing. I highly recommend for any lifter, coach or crossfitter.

1 of 1 people found the following review helpful.

Good stuff

By Little big man

Great stuff, why do you think these guys are the best lifter's in the world, pocket Hercules , sure is not Americans, the former Soviets are still the best lifters in the world since the 50's ! I have been lifting since the late 60's , 1968 to be exact !!!

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