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Altri autori (Persone)	ReillyThomas <1941-2009.> BangsboJ (Jens) HughesM
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Discussion; 4 Conclusions; 5 References; 7. Comparison of the physiological characteristics of the First, Second and Third League Turkish soccer players; 1 Introduction; 2 Methods  
 3 Results and Discussion; 4 References; 8. Physiological characteristics of Turkish female soccer players; 1 Introduction; 2 Methods; 3 Results and Discussion; 4 References; Part Two: Metabolism and Nutrition; 9. The physiology of intermittent activity in football; 1 Introduction; 2 Aerobic energy production; 3 Anaerobic energy production; 4 Substrate utilization; 5 Summary; 6 Acknowledgements; 7 References; 10. Fluid loss and replacement in English Premier League soccer players; 1 Introduction; 2 Methods; 3 Results; 4 Discussion; 5 Limitations; 6 Conclusion; 7 References  
 11. The influence of water ingestion on repeated sprint performance during a simulated soccer match; 1 Introduction; 2 Methods; 3 Results; 4 Discussion; 5 References; 12. The influence of carbohydrate ingestion on repeated sprint performance during a simulated soccer match; 1 Introduction; 2 Methods; 3 Results; 4 Discussion; 5 References; 13. The lipid profile of a Rugby Union football squad; 1 Introduction; 2 Methods; 3 Results; 3 Discussion; 4 References; 14. Pattern of alcohol use in Rugby players and Rugby referees; 1 Introduction; 2 Methods; 3 Results; 4 Discussion; 5 Conclusions  
 6 References; 15. Iron supplements are not required for Rugby Union football; 1 Introduction; 2 Methods; 3 Results; 4 Discussion; 5 References; Part Three: Football Training; 16. Resistance training by senior Rugby Union players - just what do coaches think they're doing?; 1 Introduction; 2 Methods; 3 Results; 4 Discussion; 5 Conclusion; 6 References; 17. Rugby Union players' resistance training - an application of the transtheoretical model; 1 Introduction; 2 Methods; 4 Results; 5 Discussion; 5 Conclusion; 8 References  
 18. The effect of pre-season training on the physiological characteristics of international rugby players

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## Sommario/riassunto

The Third World Congress of Science and Football was held in Cardiff, Wales in April 1995. The aim of the conference was to continue to bridge the gap between the theory and practice of the various branches of football and increase the awareness of the value of a scientific approach to these games. These aims and the outcomes of the conference are reflected in this third volume of Science and Football. The volume is divided into eight parts, each part containing a group of papers that are related by theme or disciplinary approach. Metabolism and nutrition, football training, match analysis,

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