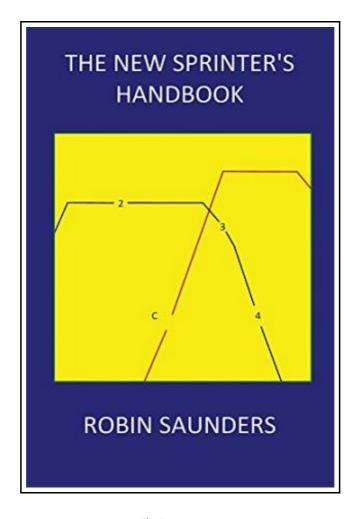
# The New Sprinter s Handbook (Paperback)



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## Reviews

The ebook is fantastic and great. I really could comprehended every thing out of this published e publication. You can expect to like the way the blogger write this publication. (Precious Farrell)

### THE NEW SPRINTER S HANDBOOK (PAPERBACK)



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Feedaread.com, United Kingdom, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. The New Sprinter's Handbook offers both the developing speed Coach and the PE Teacher who is seeking specialist advice a structured training plan for young athletes in full-time education, from school year 9 to the final year of sixth form. It comprises almost 900 easy-to-follow training sessions for sprint events up to 400m, covering a period of three full years of development, with each training year consisting of three sessions per week, including regular Timed Trials and incorporating essential periods of rest and regeneration. A short chapter detailing the discrete technical requirements of each event precedes the relevant schedule.

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