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SPEED - HOW TO RUN FASTER IMMEDIATELY: THE CRUCIAL STEPS EVERY ATHLETE NEEDS TO KNOW



Createspace, United States, 2011. Paperback. Book Condition: New. 274 x 213 mm. Language: English. Brand New Book ***** Print on Demand *****.SPEED is a brilliant Step by Step Training Guide using proven scientific principles to get you to run faster and work less. The first interactive book of it s kind! Ken, the brain-child behind it, and a specialized speed trainer and retired professional athlete, teaches you how to increase your speed through body movement, not conditioning. SPEED: How...

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- Authored by Kenneth D Taylor
- Released at 2011



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