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The 49 Minute Championship Workout for Track Field: Written by a Proven National Championship and Olympic Track and Field Coach

By Steve Silvey

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A special Cookbook of workouts designed to help middle school, high school, college and track club coaches, with becoming a better track and field coach. You have found your personal mentor in Track Field Training. Gain or expand your knowledge utilizing Coach Steve Silvey's many years of track and field coaching experience. Coach Silvey has produced numerous Olympians and World Championship performers and medalists. This is his finest and largest book ever produced with over 209 pages of important coaching information and sample workouts. Let Coach Steve Silvey share his coaching secrets that have produced many national championship teams and athletes. Coach Silvey has coached for the University of Arkansas, University of Oregon, Blinn College, Texas AM University and Texas Tech University. This Cookbook consists of a detailed 20 week training program for the sprints, hurdles, 400 meters, 800 meters and relays events, plus numerous articles on track, nutrition much more.



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