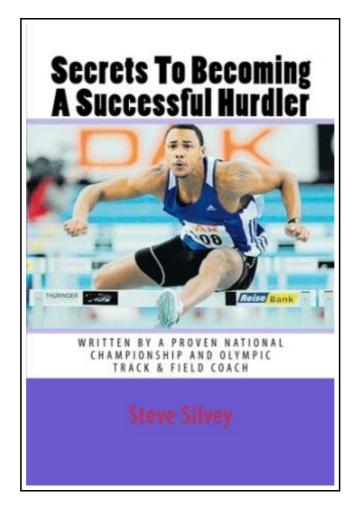
# Secrets to Becoming a Successful Hurdler: A Special Book Designed to Help Parents, Coaches and Athletes with Improving Hurdle Performance.



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# Reviews

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(Dorothy Daugherty)

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Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A special book designed for parents, coaches and athletes to improve HURDLE performance. You have found your personal mentor in Hurdle Training. Gain or expand your knowledge utilizing Coach Steve Silvey s many years of Hurdle Speed training/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 188 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 at the University of Arkansas, University of Oregon, Blinn College, Texas AM University and Texas Tech University. This book comes with a detailed hurdle training program for improving hurdle performances and numerous articles on hurdle training, nutrition much more.

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