

High Performance Sprinting



Speed, and how it can be increased, is of prime importance in all sport and, in its purest athletic form, speed is synonymous with sprinting. In this clearly written, well-illustrated, and comprehensive book, the author offers practical advice on the many crucial factors that need to be taken into account in order to maximize the sprinters performance. Consideration is given to the development of detailed training programs involving both the lightning pace of the 100m and 200m and the more controlled pace of the 400m.

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