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59 Minute Championship Distance Workout for Track Field and Cross Country: A Book Written by a Proven National Championship and Olympic Track Field Coach (Paperback)

By Steve Silvey

Createspace, United States, 2012. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You have found your personal mentor in Distance Training. Gain or expand your knowledge utilizing Coach Steve Silvey s many years of track field and cross country 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 190 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 Texas Tech University. This book comes with a detailed distance training programs for both middle school and high school athletes for improving race performance and numerous articles on training, nutrition much more.



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