



The New Sprinter s Handbook (Paperback)

By Robin Saunders

Feedaread.com, United Kingdom, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. The New Sprinter s Handbook offers both the developing speed Coach and the PE Teacher who is seeking specialist advice a structured training plan for young athletes in full-time education, from school year 9 to the final year of sixth form. It comprises almost 900 easy-to-follow training sessions for sprint events up to 400m, covering a period of three full years of development, with each training year consisting of three sessions per week, including regular Timed Trials and incorporating essential periods of rest and regeneration. A short chapter detailing the discrete technical requirements of each event precedes the relevant schedule.



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