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SPRINT AND HURDLE TRAINING METHODS: SHAPING THE FUTURE OF SPRINT AND HURDLE PERFORMANCE



Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. Coach Ross' astounding book is a complete guide to sprint and hurdle training based on scientific research and over 40 years coaching experience. Discover methods used by the most advanced sprint and hurdle coaches to develop speed, speed-endurance, mobility and technical skills necessary for high level performance in the sprints and hurdles. Sprint and Hurdle Training Methods includes...

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- Authored by Richard W Ross
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