



Speed - How to Run Faster Immediately: The Crucial Steps Every Athlete Needs to Know

By Kenneth D Taylor

Createspace, United States, 2011. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book ***** Print on Demand *****.SPEED is a brilliant Step by Step Training Guide using proven scientific principles to get you to run faster and work less. The first interactive book of it s kind! Ken, the brain-child behind it, and a specialized speed trainer and retired professional athlete, teaches you how to increase your speed through body movement, not conditioning . SPEED: How to Run Faster Immediately includes hours of interactive training, including over 15 step by step videos with tips, tricks, drills, training programs and more! Ken has been training middle/high school, college and pro athletes for over 20 years with exceptional results. Ken s unique training will teach you to run faster. Guaranteed. All athletes want to be faster. Professional, Olympic, college, and high school athletes are looking to improve their overall speed and quickness. Strength is very important, but if you can t get to the right spot in time to make the play then it is useless. In order to be fast we have to train fast. We have to shock our neuromuscular system with fast power producing movements....



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