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Catalog of Copyright Entries. Third Series Library of Congress. Copyright Office, 1973 **Sprinting speed** George Blough Dintiman, 1971 **National Library of Medicine Current Catalog** National Library of Medicine (U.S.), 1971 First multi year cumulation covers six years 1965 70 Sprinting Chris Husbands, 2013-09-30 A huge amount of time planning and preparation goes into creating a world class sprinter *Sprinting Training Techniques and Improving Performance* is an essential guide for all athletes at the beginning or development stages of their sprint careers who are committed to running faster The book covers all sprint events from 60metres to 400 metres as well as the hurdles and relay principles of biomechanics limiting factors and potential areas of capability training and planning prehab and avoiding injuries practical nutritional advice and strength and conditioning Whatever your level this book provides valuable advice that will help you achieve your goal Foreword by Daley Thompson CBE Fully illustrated with 150 colour photographs **Journal of Human Movement Studies**, 1991 Journal of Health, Physical Education, Recreation, 1952 Strength and Conditioning for Sports Performance Ian Jeffreys, Jeremy Moody, 2021-03-29 An effective strength and conditioning program is an essential component of the preparation of any athlete or sportsperson *Strength and Conditioning for Sports Performance* is a comprehensive and authoritative introduction to the theory and practice of strength and conditioning providing students coaches and athletes with everything they need to design and implement effective training programs Revised and updated for a second edition the book continues to include clear and rigorous explanations of the core science underpinning strength and conditioning techniques and give detailed step by step guides to all key training methodologies including training for strength speed endurance flexibility and plyometrics The second edition expands on the opening coaching section as well as introducing an entirely new section on current training methods which includes examining skill acquisition and motor learning Throughout the book the focus is on the coaching process with every chapter highlighting the application of strength and conditioning techniques in everyday coaching situations *Strength and Conditioning for Sports Performance* includes a unique and extensive section of sport specific chapters each of which examines in detail the application of strength and conditioning to a particular sport from soccer and basketball to golf and track and field athletics The second edition sees this section expanded to include other sports such as rugby union rugby league and American football The book includes contributions from world leading strength and conditioning specialists including coaches who have worked with Olympic gold

medallists and international sports teams at the highest level Strength and Conditioning for Sports Performance is an essential course text for any degree level student with an interest in strength and conditioning for all students looking to achieve professional accreditation and an invaluable reference for all practising strength and conditioning coaches

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