



Successful Speed Training Methods for All Sports (Paperback)

By Coach Steve Silvey

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.A special book written for parents, athletes and coaches on how to improve speed for athletes competing in all types of sports. You have found your personal mentor in Speed Development Training. Gain or expand your knowledge utilizing Coach Steve Silvey's many years of speed training/track and field 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 170 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. This book comes with a detailed speed training program for improving speed and numerous articles on speed training, nutrition much more.



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Reviews

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