



## Sprint and Hurdle Training Methods: Shaping the Future of Sprint and Hurdle Performance

By Richard W Ross

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 a fool proof method for teaching hurdle technique and racing rhythm, Ross amazing Minimalist Approach to year round sprint and hurdle training, a speed development strength training protocol, detailed examples of periodized sprint and hurdle training plans, unique sprint and hurdle drills and exercises designed to make sprinters and hurdlers faster than they ever thought they could be. You will learn workouts that develop pure speed and speed-endurance simultaneously without using tiresome over-distance runs, as well as an easy to use method for calculating recovery intervals between high intensity speed training repetitions. Sprint starts and relay exchange methods are thoroughly covered as well and much, much more. Sprint and Hurdle Training Methods goes beyond content included in current sprint and...



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