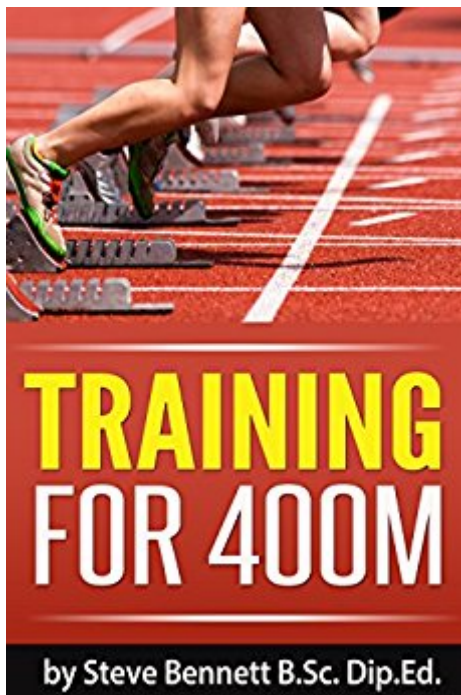


The book was found

Training For 400m



Synopsis

A guide to designing the best way to prepare an athlete for the 400m event. This book was based on content provided from meetings with 1996 Olympics Champion Michael Johnson, and talking to Peter Fortune who was the coach 2000 Olympic Champion Cathy Freeman as well as Norm Osborne coach of Rick Mitchell who won the Silver Medal at the 1980 Moscow Olympics, as well as others. All three athletes used very different methods in training. Discusses the variety of approaches to the event. Training for 400m contains numerous practical ideas that coaches will find valuable. It includes discussion of different methods of training for the 400m event. The e-book is aimed at all levels of athlete from developing juniors to international. The programs of great such as Olympic Champions Cathy Freeman & Michael Johnson as well as many more are discussed in detail.

Book Information

File Size: 2958 KB

Print Length: 66 pages

Publisher: Steve Bennett (December 10, 2003)

Publication Date: December 10, 2003

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0043M4PHU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #214,486 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Track & Field

#54 in Kindle Store > Kindle eBooks > Teen & Young Adult > Sports & Outdoors #104

in Books > Sports & Outdoors > Other Team Sports > Track & Field

Customer Reviews

Very short and low on detail. This book may be good with someone with little to no info on sprinting.

Great info! It gives a variety of different training approaches.

this is a great book for your 400 meter it would also help with weight hundred meters and 200 meters

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