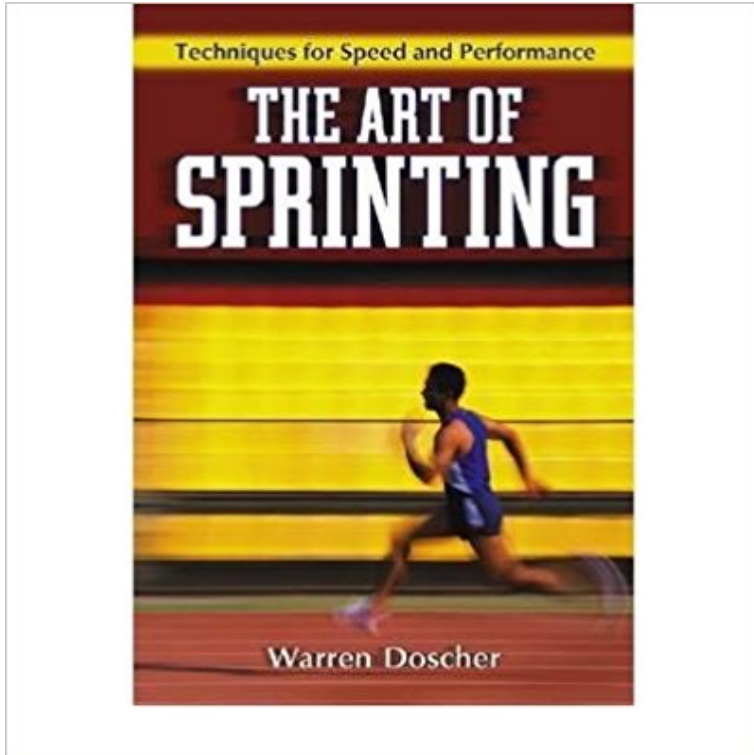


The Art of Sprinting: Techniques for Speed and Performance (Paperback) - Common



As the oldest sport that mankind has participated in, sprinting benefits from a wealth of scientific and experiential information. Appropriate for runners of all levels of ability, this book provides the reader with techniques to reach the next level in their sprinting development. Also included are line drawings that illustrate the techniques discussed. Throughout, the author concentrates on prac

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