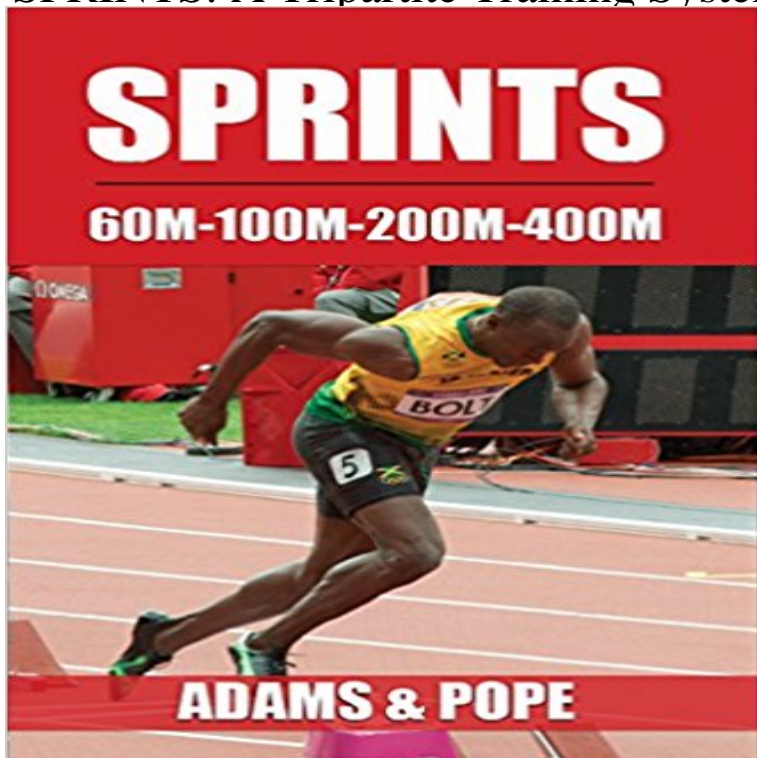


SPRINTS: A Tripartite Training System



SPRINTS is a guide to World Class sprint training in a brief yet comprehensive Manual that can be applied to runners at various developmental stages from youth to masters. The workouts and techniques can also be applied to a wide variety of sports to enhance any athletes speed potential and dynamic explosion. The Tripartite Training System was designed by the Super Nova Coaching Collective as a road map for sprint and sports coaches on all levels to develop speed and explosiveness in the athletes they train. Tripartite refers to the three distinct yet synergistically interlocked developmental levels that are analyzed and combined in the text. Adams and Pope have written an easy to digest Sprint Manual that will allow any coach to develop speed in athletes utilizing age appropriate training methods.

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