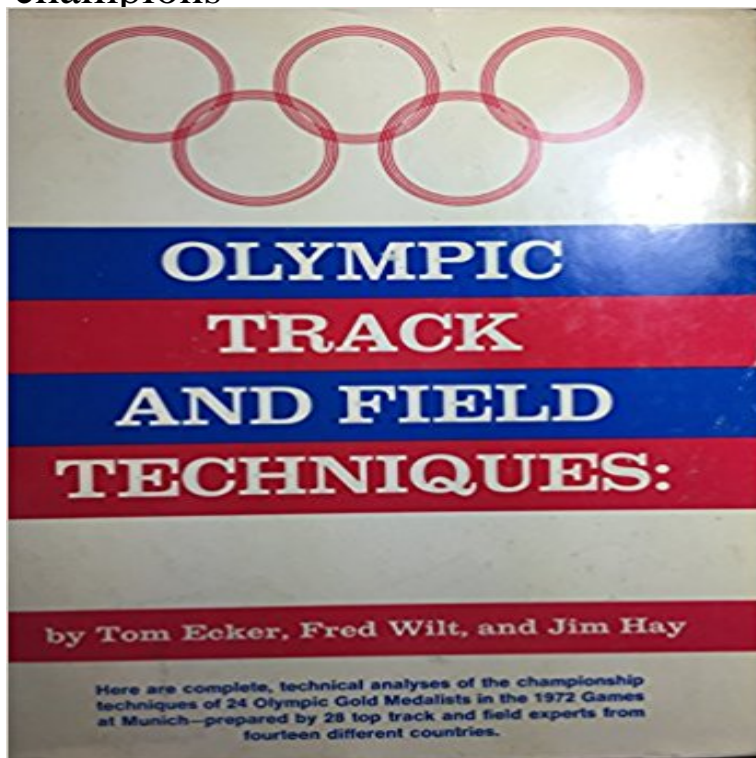


# Olympic track and field techniques; an illustrated guide to developing champions



What makes a Olympic Champion? This book reveals the form, style, and technique that produced 24 Gold Medalists at the 1972 Olympic Games. No less than 28 of the worlds greatest track and field experts -from fourteen different countries and six continents -have carefully examined and evaluated the performances of these young men and women in the running, jumping, and throwing events. they provide an in depth, step by step analysis of both the how and the why of each athletes championship technique.

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