



## High Performance Middle-Distance Running

By David Sunderland

The Crowood Press Ltd. Paperback. Book Condition: new. BRAND NEW, High Performance Middle-Distance Running, David Sunderland, Aimed at both athletes involved in competitive middle distance running and their coaches, this invaluable volume, based on the author's forty years' experience in athletics, is essential reading for all those who wish to improve their performance. Throughout the book the author adopts a practical coaching approach based on sound principles and on the belief that nothing be left to chance and that 'perfect preparation makes for perfect practice'. Topics covered: Time Management, support systems, the review and evaluation of the season, planning, target setting and race selection Technique, the enhancement of the essential qualities needed by the athlete, training systems, conditioning training methods and mobility exercises Key training sessions, levels of training intensity, progressions, schedules, race strategies and tactics Rest, regeneration, injury prevention & much more.

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