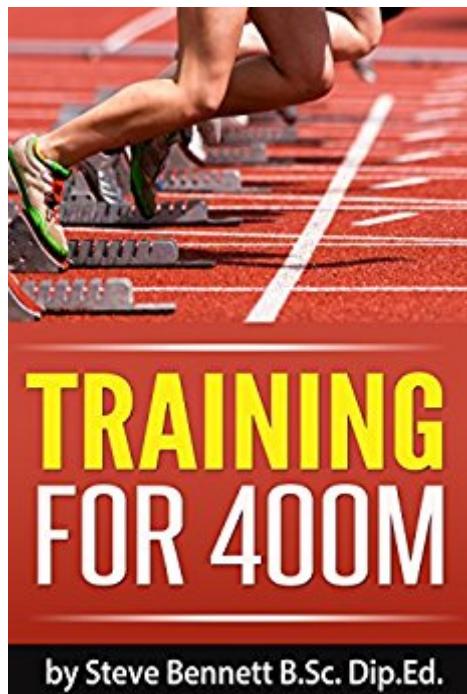


The book was found

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: 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

[Download to continue reading...](#)

Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Training For 400m Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your DogÃ¢â€šâ€œs Physical and Mental wellness(Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Dog Crate Training: 8 Tips to Help Your Best Friend Adjust (Dog Training, dog crate training problems, dog separation anxiety, dog potty training Book 1) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience(Puppy Training, Pet training book) (Dog Taining, ... training books, How to train a dog, Book 2) The Ultimate Guide to

Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, Guide to Weight Training for Sports, 25) Puppy Training: The full guide to house breaking your puppy with crate training, potty training, puppy games & beyond (puppy house breaking, puppy house-training, ... dog tricks, obedience training, puppy) Puppy Training: Best Tested and Fast Techniques to Train Your Puppy in Obedience, Potty Training, and Crate Training! What I'd Teach Your Horse: Training & Re-Training the Basics: Horse Training How-To, Volume 8 DOG TRAINING: Potty Training ,german spehard training

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)