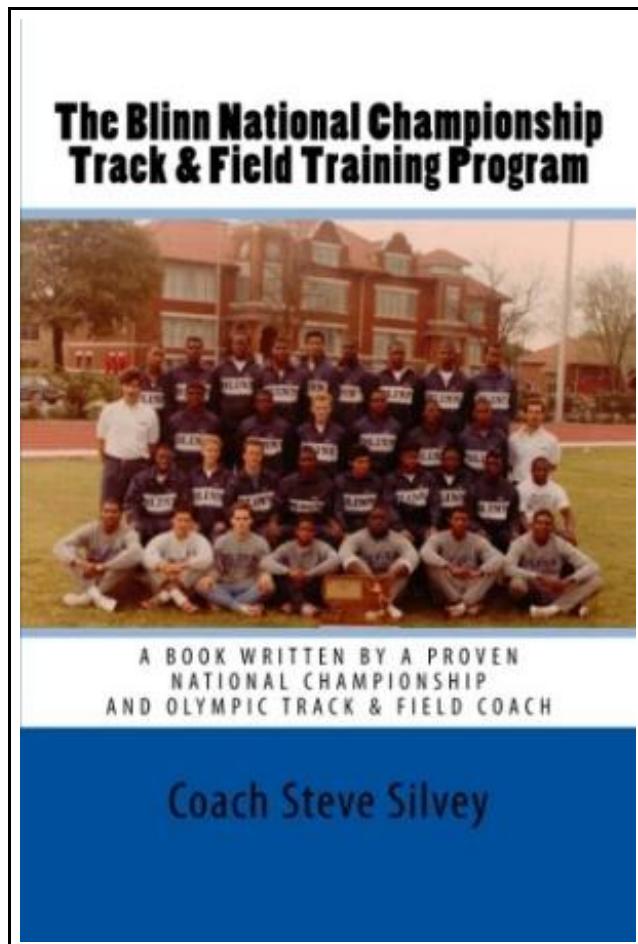


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Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. You have found your personal mentor in track and field. The Blinn National Championship Track Field Training Program is one of the finest and largest books ever produced by Coach Silvey. This book contains 230 pages of important coaching information and sample workouts used by one of the most dominate track and field programs in the United States at any level! The Blinn National Championship Track Field Training Program has detailed workouts for Cross Country, Track Field General Conditioning phase and Event Specific Training for the following events: Sprints, Hurdles, Relays, 400 Meters, 800 Meters, 1,500 Meters, 5,000 Meters, 10,000 Meters and the 3,000 Meter Steeplechase. See what actual workouts made Blinn College one of the most dominate track field programs ever at any level in the 1980 s and 1990 s! Blinn defeated many of the top NCAA track and field programs such as The University of Texas in both 1993 1994 and the University of Arkansas in 1992. Blinn also beat the prestigious Santa Monica Track Club on several occasions. Let Coach Steve Silvey share his coaching secrets that have produced many National Championship teams and Olympic athletes. Blinn was also voted the Most Outstanding Team of both the 1993 1994 Texas Relays. Coach Silvey has also coached at the University of Arkansas, University of Oregon, Texas AM University and Texas Tech University. This book contains numerous articles on training, nutrition the rich history of Blinn Track Field.



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