

Coach Silvey's Arkansas Training Program

Price: \$49.95

Book

Silvey's latest book comes with the entire year of training for the 100 & 200 Meters/ 400 Meters /110 Hurdles/400 Hurdles/800 Meters/400 Meter Relay and the 1,600 Meter Relay. This is one of Silvey's finest and largest books ever produced with over 242 pages of important coaching information and detailed workouts. This book was just released recently!

These workouts begin in September with and finish with the NCAA Outdoor Championships in June. I would suggest that you purchase the Sprint, Hurdle and Relay DVD'S to help you understand the book easier.

During Silvey's tenure working for the "Godfather" of NCAA track and field, John McDonnell, Silvey was part of 13 NCAA Championships & 17 SEC Champions. This book also contains numerous articles on track & field, nutrition and much more.

You have found your personal mentor in Track & Field Training. Gain or expand your knowledge utilizing Coach Steve Silvey's many years of track & field coaching experience. Coach Silvey has produced numerous Olympians and World Championship performers and many medal winners!

Let Coach Steve Silvey share his coaching secrets that have produced many national championship teams, World Class & Olympic Athletes. Coach Silvey has coached at the Texas A&M University, Blinn College, The University of Oregon, Texas Tech University & Mississippi State University. Silvey also coached the Zambia Olympic Track & Field Team at both the 1992 & 1996 Olympic Games. T

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