

## ***SUCCESSFUL SPEED TRAINING METHODS FOR "ALL SPORTS"***

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Let Coach Steve Silvey share his coaching secrets that have produced many national championship teams and athletes.

This book comes with a detailed speed training program for improving speed and numerous articles on speed training, nutrition & much more.

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, University of Arkansas, University of Oregon, Texas Tech University and Mississippi state University. Silvey also coached the Zambia Olympic Track & Field Team at both the 1992 & 1996 Olympic Games.