

Coach Silvey's Oregon Training Program

Price \$49.95

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! This is his finest and largest book ever produced with over 238 pages of important coaching information and detailed workouts. Let Coach Steve Silvey share his coaching secrets that have produced many national championship teams, World Class & Olympic Athletes.

Coach Silvey's latest book comes with the entire year of training for Sprints/Hurdles/Relays/800 Meters while coaching at the University of Oregon. The book contains a 12 week Fall general conditioning program. The Book also contains Event Specific Training program from November to June.

During Silvey's tenure at Oregon, the Ducks were PAC 12 Runner-ups in 2002 and PAC 12 Championships in 2003. This was the first time in 10 years, that the struggling Oregon program won the Pac 12 Track and Field Championship!

During Silvey's tenure at Arkansas, he was part of 13 NCAA Championships & 17 SEC Champions. This book also contains numerous articles on track & field, nutrition and much more.

Coach Silvey has coached at the Texas A&M University, Blinn College, The University of Arkansas, Oregon, Texas Tech University & Mississippi State University. Silvey also coached the Zambia Olympic Track & Field Team at both the 1992 & 1996 Olympic Games.