

59 Minute Championship Distance Workout for Track & field and Cross Country

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Book & DVD "Package"

You have found your personal mentor in Distance Training. Gain or expand your knowledge utilizing Coach Steve Silvey's many years of track & field and cross country coaching experience. Let Coach Steve Silvey share his coaching secrets that have produced many national championship teams and athletes.

This is his finest and largest book ever produced with over 190 pages of important coaching information and sample workouts.

This book comes with a 12 WEEK cross country program for middle school athletes as well as a 12 week programs for high school cross country. With regards to track and field this book has a 12 week program designed for middle school athletes and a 12 week training program for high school Distance runners.

This books comes with lots of additional articles on nutrition, mental preparation, weight training, plyometrics and more.

Coach Silvey has coached at the University of Arkansas, University of Oregon, Blinn College, Texas A&M University, Texas Tech University and Mississippi State University. Silvey also coached both the 1992 & 1996 Zambia Olympic teams.