



# Bill Bowerman's High-Performance Training for Track and Field (Third Edition)

*Bill Bowerman, Bill Freeman*

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High-Performance Training for Track and Field by legendary coaches and authors Bill Bowerman and Bill Freeman is a step-by-step guide for teacher-coaches at all levels. Coaches in their first years will find it to be a model for success, and experienced coaches will find its systematic analyses of training methods an invaluable addition to their own expertise. This book adds the theoretical bases that underlie training, summarizing what researchers know about training and competition and discussing the most advanced, scientifically monitored, foreign endurance training system in the world today. It tells, briefly and simply, what you need to know about periodization in training, overload theory, and the effects of nutrition and psychology on today's training. The training patterns reflect the very latest scientific training methods. Chapters include: The Essentials of Scientific Training, The Oregon School of Running, Sprints, Hurdles, and Relays, The Jumps, The Throws, The All-Around Athlete, and Directing Track and Field Programs.

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