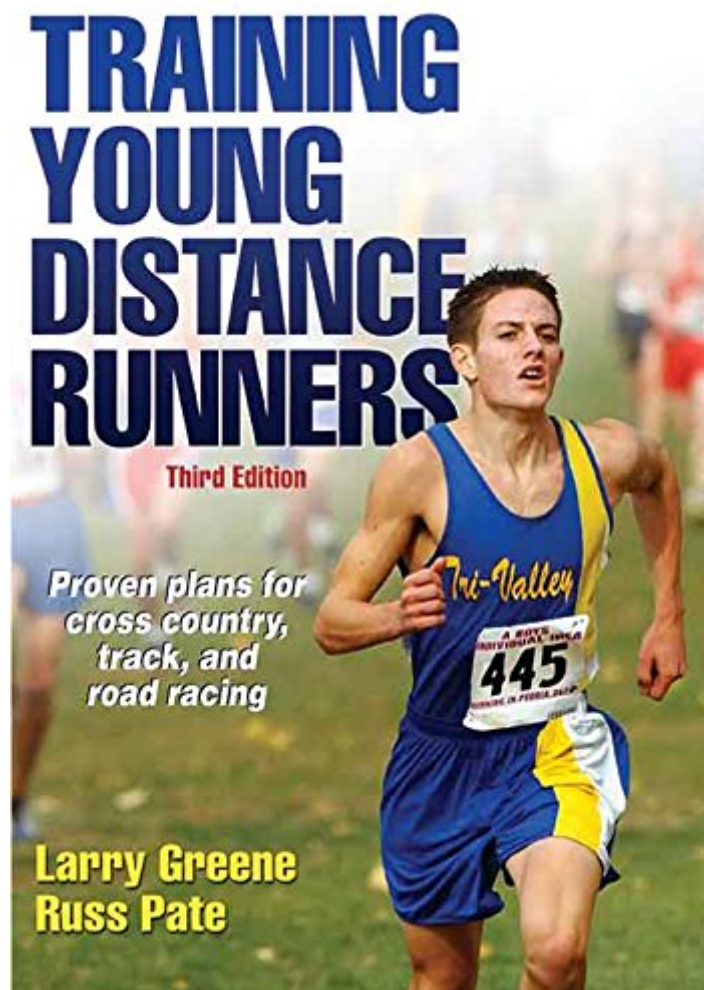


The book was found

Training Young Distance Runners-3rd Edition



Synopsis

Essential for coaches and parents of teen runners involved in cross country, distance track events, and road racing, Training Young Distance Runners draws on the latest scientific research to present easily understood and applied training plans plus guidelines for designing customized programs.

Book Information

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Customer Reviews

Well written- great science- solid training information-all coaches of young runners should have this book in their library.

Best book to read for new or experienced coaches. Love the periodization charts and helpful example workouts!

excellent

Great book!

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