



Gold Medal Field Event Workouts For Track & Field: A book written by a proven National Championship and Olympic Track & Field Coach

Steve Silvey

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You have found your personal mentor in Field Event Training for the sport of Track and Field. Gain or expand your knowledge utilizing Coach Steve Silvey's many years of track & field and cross country coaching experience. Coach Silvey has produced numerous Olympians and World Championship performers and medalists. This is one of his finest books ever produced with over 191 pages of important coaching information and sample workouts. Let Coach Steve Silvey share his coaching secrets that have produced many national championship teams and athletes. Let Coach Steve Silvey share his coaching secrets that have produced many national championship teams and athletes. Coach Silvey has coached at the University of Arkansas, University of Oregon, Blinn College, Texas A&M University and Texas Tech University. This special field event training book for track & field comes with a detailed training program for the High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put and the Discus for improving athletic performance. The book also contains numerous articles on field event training, speed training, nutrition & much more.

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