

The book was found

Race Dynamics And Sprint Techniques (Key Concepts Book 5)

Race Dynamics and Sprint Techniques



By Charlie Francis

www.charliefrancis.com



Synopsis

This book was written by Coach Charlie Francis in 2008 to highlight the key concepts of sprint techniques and the dynamics which take place during a race. In *Race Dynamics and Sprint Techniques*, Coach Francis analyzes how a world class sprinter's technique shifts throughout a race and how the mechanics of the sprinter deliver this technique for maximum speed to be attained. He also devotes a significant amount of the book to explaining his ideas around how training for power trumps training for technique as better technique results from power. This book written by Coach Charlie Francis is highly specialized towards track athletes but applies to all power and speed performance sports. His ideas of training for power, and having technique as an outgrowth of that power, was innovated during the time he was a coach but has gained momentum in sport as of 2015 this thinking has become the standard. As with the other books in this series it will change the way you currently think about your training regimen or reinforce what you know to be true from your own experience. Additionally, his thoughts and illustrations on technique throughout the race will give you a fresh perspective to tune your training program appropriately. This book brings to life, in the race setting, all of the training ideas which were highlighted in the other books in this series. To learn the specifics of the other books in the Charlie Francis's "Key Concepts" series, please read "The Structure of Training for Speed", "Training for Power and Strength in Speed", "Super Compensation and Recovery" and "High Intensity Training: Expanding the Limits of Performance". Further information can also be found in the books *Charlie Francis Training System* and *Speed Trap* (*Francis tells the story in *Speed Trap* how he became a coach and what he did to build one of the most dominate sprint groups in the world). Many of the Key Concepts are highlighted in the video training series called "GPP Essentials" and "Inside the SPP" which are available at www.charliefrancis.com. *Race Dynamics and Sprint Techniques* is a must read for sprinters, coaches of sprinters and anyone working with athletes in speed and power events.

Book Information

File Size: 768 KB

Print Length: 62 pages

Simultaneous Device Usage: Unlimited

Publication Date: November 1, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B017GWOT2Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #250,044 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #34

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Track & Field #109

in Books > Sports & Outdoors > Other Team Sports > Track & Field #174 in Kindle Store >

Kindle eBooks > Nonfiction > Sports > Coaching

Customer Reviews

As with everything from Charlie there is so much stuff packed into this book, it will take time to process. If you want to learn how to sprint properly...this is one of charlies books that will set you on the right path.

Great , informative book

[Download to continue reading...](#)

Race Dynamics and Sprint Techniques (Key Concepts Book 5) Key West D.O.A.: A Jack Marsh Briar Malone Key West Action Thriller (Key West Action Thriller Series Book 6) Complete Nutrition Guide for Triathletes: The Essential Step-By-Step Guide To Proper Nutrition For Sprint, Olympic, Half Ironman, And Ironman Distances Pass Key to the NEW SAT, 10th Edition (Barron's Pass Key to the Sat) Florida Keys Paddling Guide: From Key Largo to Key West Race Car Vehicle Dynamics (R146) (Premiere Series) Understanding Race, Ethnicity and Power: The Key to Efficacy on Clinical Practice Critical Race Theory: The Key Writings That Formed the Movement Key Concepts in Cinema Studies Is Everyone Really Equal? An Introduction to Key Concepts in Social Justice Education (Multicultural Education) Is Everyone Really Equal?: An Introduction to Key Concepts in Social Justice Education (Multicultural Education Series) The Basics of Geomorphology: Key Concepts In-Fisherman Critical Concepts 1: Largemouth Bass Fundamentals Book (Critical Concepts (In-Fisherman)) The Melancholy of Race: Psychoanalysis, Assimilation, and Hidden Grief (Race and American Culture) Race and Ethnicity: Taking Sides - Clashing Views in Race and Ethnicity Living Alterities: Phenomenology, Embodiment, and Race (SUNY series, Philosophy and Race) Concepts and Case Analysis in the Law of Contracts (Concepts and Insights) Chirelstein's

Concepts and Case Analysis in the Law of Contracts, 7th (Concepts and Insights Series)

Fundamental Nursing Skills and Concepts (Timby, Fundamnetal Nursing Skills and Concepts) Race
and Nature from Transcendentalism to the Harlem Renaissance (Signs of Race)

[Dmca](#)