

Championship Training For the 300 Meter & 400 Meter Hurdles

Price: \$59.95

Book & DVD "Package"

You have found your personal mentor in 300 Meter & 400 Meter Hurdle Development Training. This is his finest and largest book ever produced with over 230 pages of important coaching information and detailed workouts.

This book contains a 14 week training program for the high school 300 meter hurdler. You will also have a 16 week training program for the college 400 meter hurdles.

This new book comes numerous articles on speed training, weight training, nutrition & much more.

Coach Steve Silvey's many years of *hurdle and Speed* training and track & field coaching experience is second to none! Coach Silvey has produced numerous Olympians and World Championship performers and medalists. As well as the 1991 World Champion in the 400 meter hurdles Samuel Matete. At the 1996 Olympic Games Silvey's athletes won both the Silver and Bronze Medals in the 400 Meters hurdles. Silvey has also coached three athletes that have run under 48.00 for the 400 meter Hurdles.

Let Coach Steve Silvey share his coaching secrets that have produced many national championship teams, World Class & Olympic Athletes. Coach Silvey has coached at the Texas A&M University, Blinn College, University of Arkansas, University of Oregon, Texas Tech University and Mississippi State University. Silvey also coached the Zambia Olympic Track & Field Team at both the 1992 & 1996 Olympic Games.