



Speed Improvement for Young Athletes: How to Sprint Faster in Your Sport in 30 Workouts

George Blough Dintiman

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This new book addresses the number one concern of millions of parents and athletes, age 9-19 in baseball, basketball, football, soccer, rugby, field hockey and tennis: "How can I improve speed in short sprints for my sport?" Step-by-step instructions show you how to first locate your weaknesses, then eliminate them by completing just 30 specific easy-to-follow workouts. This must read and must do book produces amazing results with a program that will also work for you.

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