



# USA Track & Field Coaching Manual

*USA Track & Field*

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The *USA Track & Field Coaching Manual* is the official coaching guide of the sport's national governing body. The manual covers every major event and includes comprehensive, ready-to-apply information from 33 leading American coaches and experts. This book is the most complete and useful track and field coaching resource available today.

Coaches of club, secondary school, and college men's and women's track and field teams will find a wealth of information among the 20 chapters. Included among the valuable materials are:

- proven predictive testing procedures,
- detailed event-specific technique instruction,
- carefully crafted training programs, and
- preparation and performance tactics for success in competition.

Contributing authors to the *USA Track & Field Coaching Manual* are among the best coaches and experts in the sport of track and field. Many have worked with national, world, and Olympic champions. Each is an event-specific expert who has demonstrated the effective use of coaching art and science to train and inspire their athletes to achieve maximum performance.

The *USA Track & Field Coaching Manual* is an essential part of any serious track and field coach's library. Whether you use it as a practice tool or prize reference, your athletes and team will benefit from your application of the book's content all the way to the victory stand.

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