



## Bill Bowerman's High-Performance Training for Track and Field (Third Edition)

*By Bill Bowerman, Bill Freeman*

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### **Bill Bowerman's High-Performance Training for Track and Field (Third Edition)** By Bill Bowerman, Bill Freeman

High-Performance Training for Track and Field by legendary coaches and authors Bill Bowerman and Bill Freeman is a step-by-step guide for teacher-coaches at all levels. Coaches in their first years will find it to be a model for success, and experienced coaches will find its systematic analyses of training methods an invaluable addition to their own expertise. This book adds the theoretical bases that underlie training, summarizing what researchers know about training and competition and discussing the most advanced, scientifically monitored, foreign endurance training system in the world today. It tells, briefly and simply, what you need to know about periodization in training, overload theory, and the effects of nutrition and psychology on today's training. The training patterns reflect the very latest scientific training methods. Chapters include: The Essentials of Scientific Training, The Oregon School of Running, Sprints, Hurdles, and Relays, The Jumps, The Throws, The All-Around Athlete, and Directing Track and Field Programs.

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### **Editorial Review**

#### **About the Author**

Bill Bowerman was a legendary coach at the University of Oregon and producer of many national champions and Olympians during his 25-season tenure. Winner of numerous track and football state championships as a high school coach, he won four NCAA team titles and produced team members for six consecutive Olympic Games as a collegiate coach. He also served as head coach for the U. S. Olympic Team in 1972. He produced world-record holders in the 100, 400, and discus, as well as the 440-yard relay and the 4 x 1 mile relay. He was co-founder of Nike and the author of *Jogging*, which launched the running boom in the United States.

Bill Freeman coached track athletes for 30 years, working with athletes from the middle school level through the Olympic Trials levels. He was the director of the combined events competitions at the 1972, 1976, and 1980 U. S. Olympic Trials. A professor of exercise science at Campbell University in North Carolina, his other books include *Peak When It Counts: Periodization for American Track and Field* (4th ed.), which is required reading for USA Track and Field coaching certification, *Physical Education and Sport in a Changing Society* (6th ed.), *The Competitive Runner's Training Book* with Bill Dellinger, and the previous editions of this book, starting with *Coaching Track and Field* in 1974.

### **Users Review**

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