



# Training for Speed

*By Charlie Francis*



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## **Training for Speed By Charlie Francis Bibliography**

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- Published on: 1997-10-01
- Binding: Paperback
- 205 pages

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### Editorial Review

#### Review

Training for speed is over 200 pages in length and contains a number of useful diagrams, sketches, and tables. It is a good book to read, being informative, entertaining and at times controversial. Although some coaches will certainly not agree with all of Charlie's opinions, his passion for the sport and total concern for the welfare of his athletes is unquestioned. This book is strongly recommended to all coaches in the business of developing speed in their athletes. -- *From the Author*

#### About the Author

Charlie Francis (ex-Canadian National Track and Field Coach) was disputably the best sprint coach of the 1980s. Under Francis' supervision, his athletes broke world records and won Gold medals at Olympic Games, World Championships and Commonwealth Games. Charlie Francis' strength, periodization and sprint training methods are used worldwide. Many of today's most successful sprint athletes use training programs that mirror Francis' programs for a decade ago. This book is a detailed description of the training elements that Francis used to develop his long list of international sprint stars.

### Users Review

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