



Championship Season: Training Templates for the High School Thrower from Day One to the State Meet (Paperback)

By Ross Richardson

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.CHAMPIONSHIP SEASON is meant as a starting point and it uses the basics of training theory and science, along with the author s own experience, to provide templates and a pallet for building a throws training program. It offers some general training theory along with concepts and ideas that are important for developing the young throws athlete, and includes an explanation of each of the training elements in the workouts. It also contains examples of training menus for each of the training elements used in a day to day training program.



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