



# Ultimate Guide to Weight Training for Track & Field

By Rob Price

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## Ultimate Guide to Weight Training for Track & Field By Rob Price

The Ultimate Guide to Weight Training for Track and Field is the most comprehensive and up-to-date track and field-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round track and field-specific weight-training programs guaranteed to improve your performance and get you results. Athletes of all events, from sprinting to shot put, have used and benefited from the information in this text. No other track and field book to date has been so well designed, so easy to use, and so committed to weight training. This book will have all types of track & field athletes increasing speed, flexibility, power, strength, and endurance unlike any book before it. No longer will you find yourself becoming tired at the end of an event or losing distance on javelin or discus throws due to fatigue. By following this program you will eclipse your previous records and eliminate unnecessary injuries. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!

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## **Editorial Review**

### **Review**

Your book has helped me improve immensely throughout my high school track and field years. In my freshman year I placed 8th in my State Championship meet. In that year I had no experience with weight training whatsoever. During my sophomore year after using your book and following the different programs for pre and off-season, I improved my place from 8th to 2nd. --Jen A, State & National finisher

I have found your book to be exceptionally useful. I followed the programs outlined by your book and broke my competition best throw by a foot in my next completion. At this time I am recovering from an injury and have found your book's programs to be very helpful in my rehabilitation. I have also been impressed with the free charts available online. Tracking my progress has proved to be very motivating during my training. Thanks SportsWorkout! --Ray J, Masters Division, Silver Medalist at Virginia Commonwealth Games - 11th place national ranking - Qualifier for the National State Games

I have found your book to be exceptionally useful. I followed the programs outlined by your book and broke my competition best throw by a foot in my next completion. At this time I am recovering from an injury and have found your book's programs to be very helpful in my rehabilitation. I have also been impressed with the free charts available online. Tracking my progress has proved to be very motivating during my training. Thanks SportsWorkout! --Ray J, Masters Division, Silver Medalist at Virginia Commonwealth Games - 11th place national ranking - Qualifier for the National State Games

### **About the Author**

Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin. He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world, including the USA Today and Muscle & Performance magazine, for his sports-training expertise. Rob is a contributing author to Golf Fitness Magazine, Swimmer's World Magazine, US Bowler Magazine, and OnFitness magazine and is the founder and head trainer of SportsWorkout.com's e-Training service. In addition to being an internationally recognized fitness expert, Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars.

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**Jessie Taylor:**

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