



High-Performance Training for Track and Field- 2nd Edition

William J. Bowerman, William H. Freeman

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This book includes training schedules for 15 events that can be adapted for any athlete, regardless of age, sex, or level. Part I, Foundations for the Training Program, presents the basics of sport training and conditioning, designing training programmes, the Oregon training schedule sheets, and testing team candidates. Part II, The Training Programs, includes these events: short sprints and relays, long sprint (400 metres), high hurdles, intermediate hurdles, middle distances (800 and 1500 metres and the mile), longer distances (cross country, steeplechase, 5000 metres and longer), high jump, long jump, triple jump, pole vault, shot put, discus throw, javelin throw, hammer throw, and combined events.

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