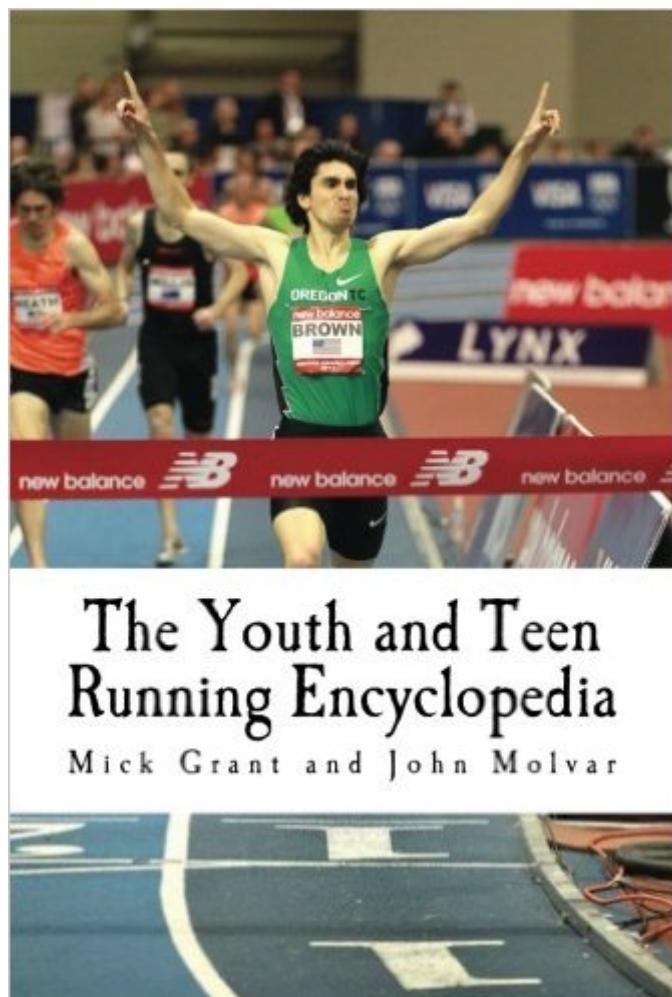


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# The Youth And Teen Running Encyclopedia: A Complete Guide For Middle And Long Distance Runners Ages 6 To 18



## Synopsis

The Youth and Teen Running Encyclopedia is the first ever complete guide for middle and long distance runners ages 6 to 18, their coaches and parents. It shows the proven formula of Mick Grant, who produced Hershey's North American Final qualifiers 12 consecutive years, multiple Footlocker Finalists and National Champions several years in a row, including Hershey's North American Final, USATF Junior Olympics, USATF Youth Athletics Nationals and National Scholastic Indoor Championships. All this from a group of ordinary local kids, near Mick's home in Northeast Massachusetts. The book lays out in detail how youth and teen athletes can achieve successively higher levels, year after year after year, following the proven success of Mick's training program. What differentiates this program and this book from other programs and books is that it is a unique blend of building endurance and improving basic speed throughout the year, so that the athlete is much better next year than they are this year. The program uses a FUN FIRST approach, making sure the athletes enjoy what they are doing and stay healthy, to allow consistent training. It is the first such book to cover every topic imaginable for the youth and teen middle to long distance runner, jammed packed with almost 200 pages of vital information. This book is a must read for all youth runners age 6 to 18, and anyone helping youth runners starting on the way to a lifelong enjoyment of running, and a successful running career. While this book is geared to youth runners, it is a valuable resource to all middle and long distance runners and coaches, regardless of age or level, because the same basic principles apply to all middle and long distance events..

## Book Information

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## Customer Reviews

Mick Grant and John Molvar have written a guide to youth and teen running that is based on sound approach, principles and practical applications. As a former Division 1 college cross country and track & field athlete, and having coached my two sons for the past 10 years, I have not found a youth and teen running guide that is so complete and in depth, expert yet approachable, and illustrated with tons of credible and motivational examples of athletes coached by Grant and Molvar. I would highly recommend this as the FIRST guide for youth and teen athletes, coaches and parents. I am having my two sons read it as well. Everything in "The Youth and Teen Running Encyclopedia: A Complete Guide for Middle and Long Distance Runners Ages 6 to 18" has been field tested and with impressive results. Grant and Molvar believe in a goal-oriented, developmental approach to running that focuses on fun, progressive and consistent training that builds success and rewards over the long-term. The authors present a comprehensive framework and expand on the components of that framework with rich, detailed and logical sections that include both principles and practical applications, and illustrate them with real sample workouts used by Grant's and Molvar's coached athletes. And there are lots of "don'ts" with explanation of consequences if runners and coaches fail to follow what is recommended.

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