



The Art of Sprinting: Techniques for Speed and Performance

Warren Doscher

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Probably the oldest sport of humankind, sprinting benefits from a wealth of scientific and experiential information. Appropriate for runners of all levels of ability, this book provides the reader with techniques to reach the next level in their sprinting development. Line drawings illustrate the techniques discussed. Throughout, the author concentrates on practical methods to improve the individual runner's performance, with remarkably detailed information on everything from warming up to the post-race routine, including the start, stride, how the foot meets the track, the arm/leg connection, angle of lean through the curve, and more.

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