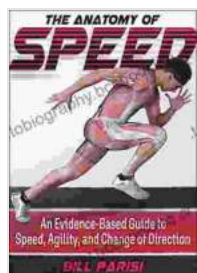# The Anatomy Of Speed: How to Improve Your Running Speed and Performance

Are you looking to improve your running speed and performance? If so, then you need to read The Anatomy Of Speed by Bill Parisi.

The Anatomy of Speed by Bill Parisi

★★★★☆ 4.7 out of 5

Language	:	English
File size	:	114092 KB
Text-to-Speech	:	Enabled
Screen Reader	:	Supported
Enhanced typesetting	:	Enabled
Print length	:	296 pages
Lending	:	Enabled

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The Anatomy Of Speed is a comprehensive guide to improving your running speed and performance. Written by Bill Parisi, a world-renowned speed coach, the book provides detailed instructions and exercises to help you develop the strength, power, and endurance you need to reach your full potential as a runner.

The book is divided into three sections: The Fundamentals of Speed, The Mechanics of Speed, and The Psychology of Speed. In the first section, Parisi covers the basics of speed training, including the importance of proper warm-up and cool-down, the different types of speed workouts, and how to structure your training program.

In the second section, Parisi delves into the mechanics of speed, including the role of the nervous system, the importance of plyometrics, and how to improve your running form. In the third section, Parisi discusses the psychology of speed, including the importance of motivation, confidence, and focus.

The Anatomy Of Speed is a valuable resource for runners of all levels. Whether you're a beginner looking to improve your 5K time or a seasoned marathoner looking to set a new personal best, this book has something to offer you.

What You'll Learn from The Anatomy Of Speed

- The fundamentals of speed training

- The mechanics of speed

- The psychology of speed

- How to develop the strength, power, and endurance you need to reach your full potential as a runner

- How to structure your training program

- How to improve your running form

- The importance of motivation, confidence, and focus

Who Should Read The Anatomy Of Speed?

The Anatomy Of Speed is written for runners of all levels, from beginners to seasoned pros. Whether you're looking to improve your 5K time or set a new personal best in the marathon, this book has something to offer you.

About the Author

Bill Parisi is a world-renowned speed coach. He has coached some of the world's fastest runners, including Olympic gold medalists and world record holders.

Parisi is the founder of Parisi Speed School, which has locations all over the United States. He is also the author of several other books on speed training, including Speed Resistance Training and Plyometrics for Power.

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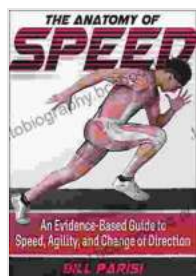
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