So you want to be a sprinter

Bud Winter

Description
The original two versions (1956, 1973) written by Bud Winter famous coach of the San Jose State Spartan track and field teams from 1941 to 1974, were used to train many Olympic medalists and dozens of world record holders. The new 2010 edition combines the best of both versions, and includes detailed training plans for full time year-round athletes, and one for multi-sport athletes beginning training in January.

The training plans and techniques illustrated in this book were used by Olympic medal winners and World Record holders, Ray Norton, Bob Poynter, Dennis Johnson, Tommie Smith, John Carlos, Lee Evans, Ronnie Rae Smith, just some of the 37 world record holders coached by Bud Winter.

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Sprinters with longer legs have longer strides – an advantage in the middle stages of the race when they have reached their top speed, which they must maintain until the finish line. Shorter, more powerful legs are better in the earlier, acceleration stage, but Bolt can evidently compensate for his slight disadvantage over his shorter, heavier competitors. "To be a great sprinter you need leg muscles that are dominated by fast-twitch muscle fibres because they shorten the muscle quickly and generate power," said Professor Steve Harridge of.
Kings College London. “Marathon runners have more slow-twitch fibres, which is one of the reasons why you are never going to turn Paula Radcliffe into a great sprinter, or Usain Bolt into a good long-distance runner,” Professor Harridge said. The time tested techniques “So You Want to be a Sprinter” will help any athlete, male or female, young or old, run faster.

Many coaches used Bud’s basic on-field seminars that were held on the field and entitled themselves in the book. Thus the Coaches’ version is a specially spiral bound version.