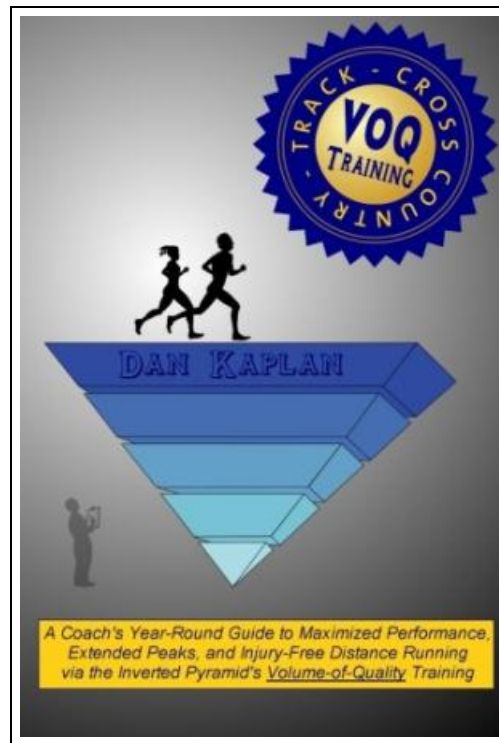


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Createspace, United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Anyone can coach a team or individual to merely run faster. That s the easy part. Consistently achieving greater improvement than the competition is the signature of VOQ Training, embracing the continuous cycle between Cross Country and Track, with each sport building off of the other in complementary fashion. This is made possible by the sprint inspired, Volume-of-Quality principles of the Inverted Pyramid and a careful attention to preventing injuries. Combining traits of a training manual with program-building tools, plus enough back story to add personality to the workouts, there truly is something for everyone. VOQ Training is written primarily for High School and College coaches, but also for scholastic athletes seeking a maximized summer training plan. Additional suggestions are provided for tailoring the program to self-coached distance runners of all levels and racing objectives. Dan Kaplan has hit the nail on the head with this one. VOQ Training is the product of an expert coach giving his all for individuals who seek to find training routines that really work. The Inverted Pyramid philosophy allows focused flow toward peak performance. Thanks Dan for offering years of thought and expertise! This is a must read for all. -- Dave Johnson, M.ED. Special Education, Decathlon Olympic Medalist, Corban University / Director of Athletics. This little gem is . both innovative and comprehensive . I feel safe recommending VOQ to any and all trying to flesh out their library, especially those who need to inject some different perspectives into stagnant thought patterns or philosophies. -- Russ Ebbets, editor Track Coach magazine (part of Track Field News and USATF), Winter 2012 Issue #198. [ VOQ Training ] has a lot of foundation...



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