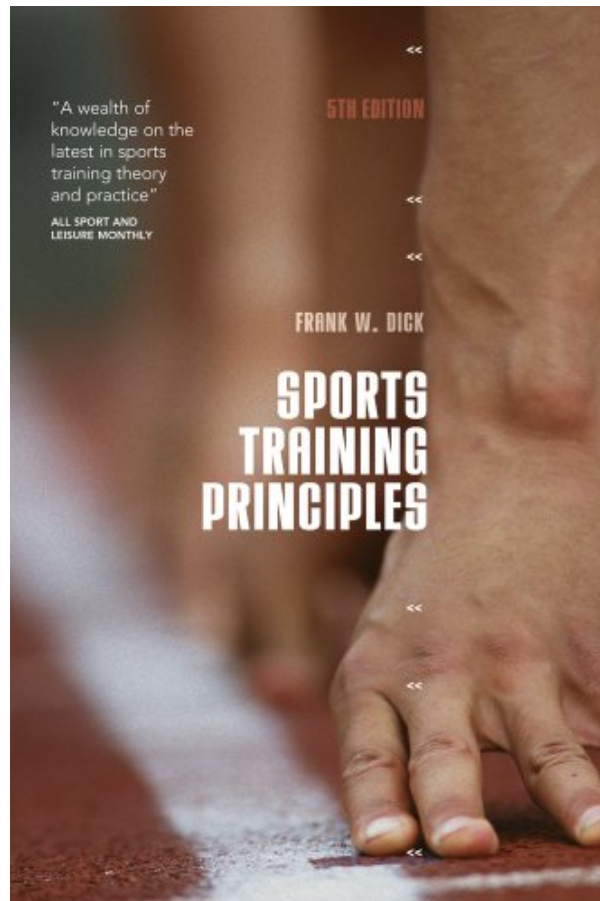
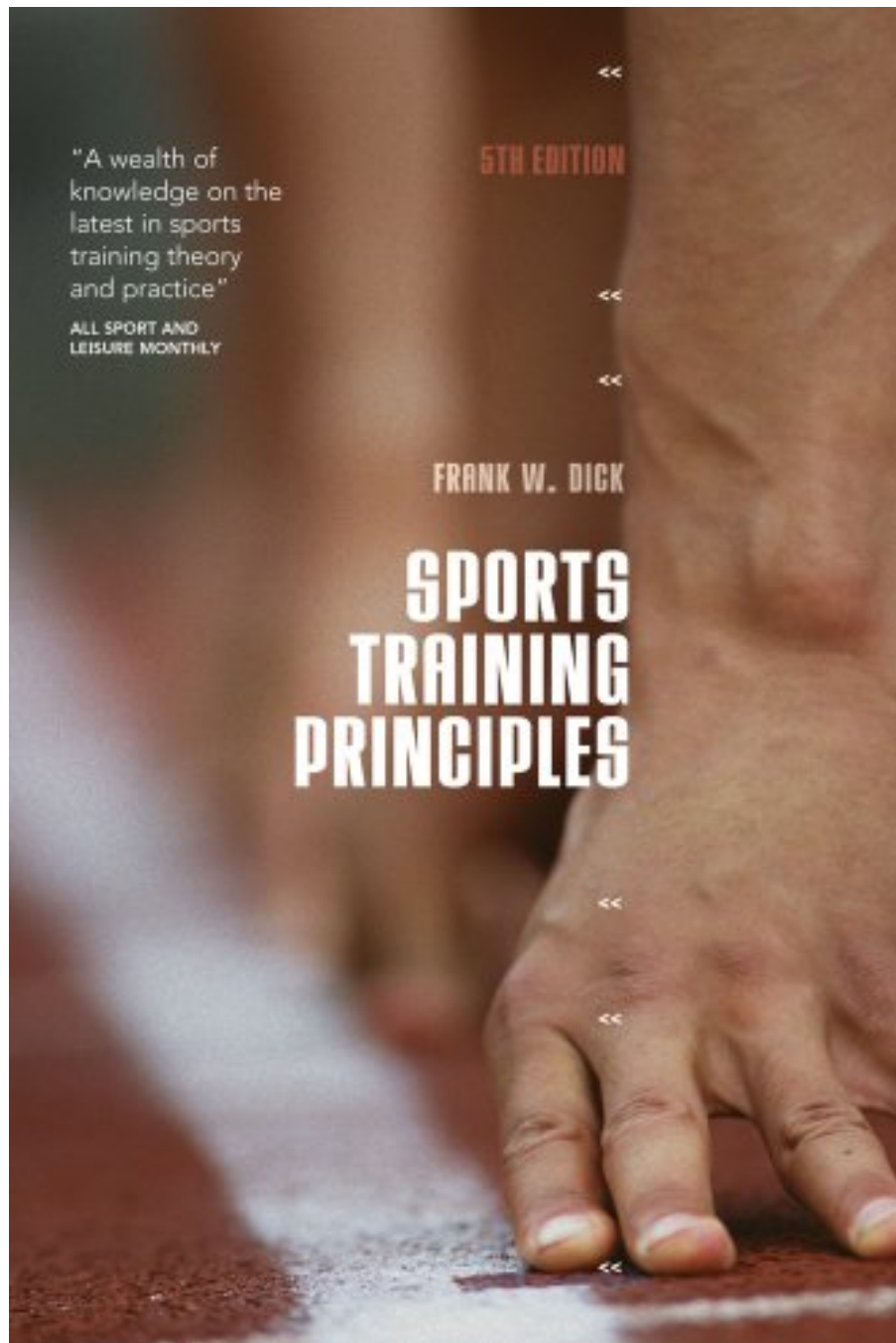


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Frank Dick O.B.E. is President of the European Athletics Coaches Association, and was director of Coaching at the British Athletic Federation from 1979 to 1994. He is a former international competitor and continues to coach athletes and teams to international level, including Daley Thompson, Boris Becker, Gerhard Berger, Denise Lewis, Marat Safin and Katarina Witt. He is currently involved with Ronnie Irani, Graham Gooch OBE, Justin Rose, Ipswich Town Football Academy and Jean Todt (Ferrari Formula One Manager).

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Written by world renowned coach and President of the European Athletics Coaches Association, Frank Dick, *Sports Training Principles* is the ultimate reference on training theory and practice for all coaches responsible for developing athletes to fulfil their performance potential.

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A fantastic resource for anyone working with track and field (Athletics) athletes, and really anyone working in sport. The author presents a lot of information here. Now while some of the scientific foundations early on in the book could be better covered by other texts, the latter portions of the book are outstanding. Frank Dick illustrates his points with practical examples of how he has applied principle into practice.

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