



Race Dynamics and Sprint Techniques (Key Concepts Book 5)

Charlie Francis

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This book was written by Coach Charlie Francis in 2008 to highlight the key concepts of sprint techniques and the dynamics which take place during a race. In Race Dynamics and Sprint Techniques, Coach Francis analyzes how a world class sprinter's technique shifts throughout a race and the how the mechanics of the sprinter deliver this technique for maximum speed to be attained. He also devotes a significant amount of the book to explaining his ideas around how training for power trumps training for technique as better technique results from power.

This book written by Coach Charlie Francis is highly specialized towards track athletes but applies to all power and speed performance sports. His ideas of training for power, and having technique as an outgrowth of that power, was innovated during the time he was a coach but has gained momentum in sport as of 2015 this thinking has become the standard. As with the other books in this series it will change the way you currently think about your training regimen or reinforce what you know to be true from your own experience. Additionally, his thoughts and illustrations on technique throughout the race will give you a fresh perspective to tune your training program appropriately.

This book brings to life, in the race setting, all of the training ideas which were highlighted in the other books in this series. To learn the specifics of the other books in the Charlie Francis "Key Concepts" series, please read "The Structure of Training for Speed", "Training for Power and Strength in Speed", "Super Compensation and Recovery" and "High Intensity Training – Expanding the Limits of Performance". Further information can also be found in the books Charlie Francis Training System and *Speed Trap (*Francis tells the story in Speed Trap how he became a coach and what he did to build one of the most dominate sprint groups in the world). Many of the Key Concepts are highlighted in the video training series called "GPP Essentials" and "Inside the SPP" which are available at www.charliefrancis.com.

Race Dynamics and Sprint Techniques is a must read for sprinters, coaches of sprinters and anyone working with athletes in speed and power events.

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