



Speed Trap

Charlie Francis

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"Speed Trap" Inside the Biggest Scandal in Olympic History. Charlie Francis with Jeff Coplon.
Has anyone won the Olympic 100m with such dominance since 1988? Coach Charlie Francis repeatedly asked himself this question out loud 20 years after this book was written. Today we have more understanding to questions like this. "Speed Trap", the story remains fresh and of great interest to sport historians, amateur and professional athletes of any sport and people who simply like a good book.
This book outlines the story about how a great coach created one of the most powerful groups in Athletics. Reading "Speed Trap" will help you understand how high performance athletes train, the importance of recovery and explain a poorly understood concept of Central Nervous System Fatigue. If you are a coach, athlete or just interested in how athletes train and why... this book is a must.

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