



Track and Field Training Guide (with CD)(Chinese Edition)

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Language: Chinese track and field training tutorial is written based on the content and requirements of National Colleges and Universities Sports Training Curriculum Specialized. Track and field training tutorial a total of eight chapters. including track and field training overview. walking. running . jumping. throwing. teaching and training. physical training. fatigue diagnosis and recovery. and the rules the referee and other content. In the preparation of the p.



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