

The 50 MINUTE WORKOUT

"Ultimate"

Track & Field Training Program-Running Events

JUST RELEASED: The "Mercedes Benz" of all training books ever produced by Coach Steve Silvey The **50 Minute "Ultimate" Training Program** designed for High School Track & Field and Track & Field Clubs will be released to the public beginning March 2011. This **"NEW" 120+ page "COOKBOOK"** is the biggest & best book ever produced by Coach Silvey. The workouts are already planned and written out for the season! It makes it much easier for coaches to plan the right type of workouts for the track and field season. The 50 minute Ultimate Training Program is **20 weeks (5 months)** of workouts for your young athletes! It's a great book for the coach who wants to know how to plan workouts for the entire season for the following events: 100 Meters/200Meters/400 Meters/800 Meters /Women's 100 Meter Hurdles/110 Meter Hurdles/300 Meter Hurdles/400 Meter Relay & 1,600 Meter Relay. This easy to follow 20 week **"COOKBOOK"** now makes it much easier for coaches to plan the right type of workouts. The book covers Pre-Season, Early-Season, Mid-Season, Late-Season & the critical Championship phase. In addition, you will receive numerous coaching articles to expand your coaching knowledge.

Coach Steve Silvey has been involved in a total of **28 National Championship teams while at The University of Arkansas & Blinn College**. In 2005, Silvey was inducted into the National Junior College Hall of Fame for his accomplishments during his time as Head Coach for the national powerhouse Blinn Junior College (1987-1994). While at Blinn, Silvey's teams won **15 Men's National "Team" Championships** – *an All-Time National Record*-and produced 128 individual National Champions, 600+ All-Americans awards and 27 National Relay Championships. At the University of Arkansas (1994-2000) Silvey was part of **13 NCAA "Team" Championships** and **17 SEC "Team" Championships**. Silvey was the also the Assistant Track and Field Coach at Texas Tech from 2004 to 2007. Texas Tech University won its *first* Big 12 Conference "TEAM" Championship in 2005. During the 2001-2003 season, Silvey served as Assistant Track and Field Coach at the prestigious University of Oregon. During those two years the Ducks were Pac-10 Team Runner-up's (2002) and the Pac-10 Team Champions in 2003. Silvey has coached 35 Olympians (14 Medalists) and 26 athletes that have competed at the World Track Championships (17 Medalists).

___ I would like to order the 50 Minute Ultimate Training Program (Book & DVD) cost \$59.95
(Plus \$5.00 for Shipping) Total Cost \$64.95

___ I would like to "ADD" the World Class "Elite" Hurdle Training DVD to this package for
\$19.95 Total Cost for all (3) items for \$79.90 (Plus \$5.00 for shipping) Total Cost \$ 84.90

Payment Method: COPY of School Purchase Order, Visa or Master Card or Money Order.

Name: _____ E-Mail: _____
Team: _____ Address: _____
City: _____ State: _____ Zip: _____ Phone: _____
Credit Card No: _____ / _____ / _____ Expiration Date: _____ / _____

Championship SSE Products
6601 W. Plano Parkway Suite #814
Plano, Texas 75093

(972) 307-3545 PHONE FEDERAL TAX ID: # 62-169-0169 Championship SSE Products is the sole proprietor of this product! RE:
School Purchase Orders: Please SCAN and Email to: WC_speed@hotmail.com

SSEproducts.com (24 hour order line)