

WORLD CLASS
**“ALL SPORTS” SPEED TRAINING PROGRAM
BOOK & DVD “Package”**

As of April 2011, the “NEW” second edition of the **World Class “All Sports” SPEED Training Program (Book and DVD)** is available for purchase. This new version consists of **125 pages** of workouts and coaching articles compared to the old book of just 52 pages. There are two separate 16 week training programs in the book for both the serious Football Player and the Sprinter (100 & 200 meters). This World Class “All Sports SPEED Training Program-Book and DVD “package” has been designed to assist serious athletes and coaches who want to learn all they can about their particular event. **Each BOOK & DVD “PACKAGE” INCLUDES:**

- Event lecture by Coach Steve Silvey on techniques to improve performance in SPEED
- Drills are demonstrated to master flexibility, technique & coordination
- Workout Drill Menus for different days of the week
- Actual video footage of elite athletes
- Numerous published articles on Speed, Sprint Training, Flexibility, Nutrition & More...
- 16 Week Speed Training Program for the Football Player who needs to get faster!
- 16 Week Speed Training program for the Sprinter (100 & 200 meters)

This World Class SPEED program was **DEVELOPED & TESTED** by Coach Steve Silvey, who has In his coaching career, Coach Silvey has produced:

- **35 Olympians (14 Medalists)**
- **26 Athletes competing in the World Championships (17 Medalists)**
- **Silvey athletes have run 4.17 for 40 yards, 9.96 for 100 meters & 20.25 for 200 meters**

In 2005, Silvey was inducted into the National Junior College Hall of Fame for the accomplishments during his time as Head Coach for the national powerhouse, **Blinn Junior College** (1987-1994). While at Blinn his teams won **15 Men’s National Championships** – *an all-time National Record* - and produced 128 individual National Champions, 600+ All-American awards and 27 National Relay Championships. On the NCAA Division 1 level, Coach Silvey has been part of **13 NCAA “Team” Championships** & 17 SEC Championships while at the University of Arkansas (1994-2000). Silvey then head to the University of Oregon program and they quickly became the PAC-10 Runner-ups in 2002 and won the PAC-10 Championship in 2003. Coach Silvey joined the staff at Texas Tech University in 2004 as the sprint, hurdle coach and again was part of a championship winning team when Texas Tech won its first Big 12 Conference Championships in school history in 2005 & were Big 12 Runner-ups in 2007. Coach Silvey has produced numerous NCAA Champions, NCAA Runners-up, NCAA All-Americans, NCAA Regional Champions, SEC, PAC-10 and Big 12 Champions.

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_____ **World Class “All-Sports” SPEED Training Program (Book & DVD) “Package”**
59.95 (Plus \$5.00 Shipping)=\$64.95

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