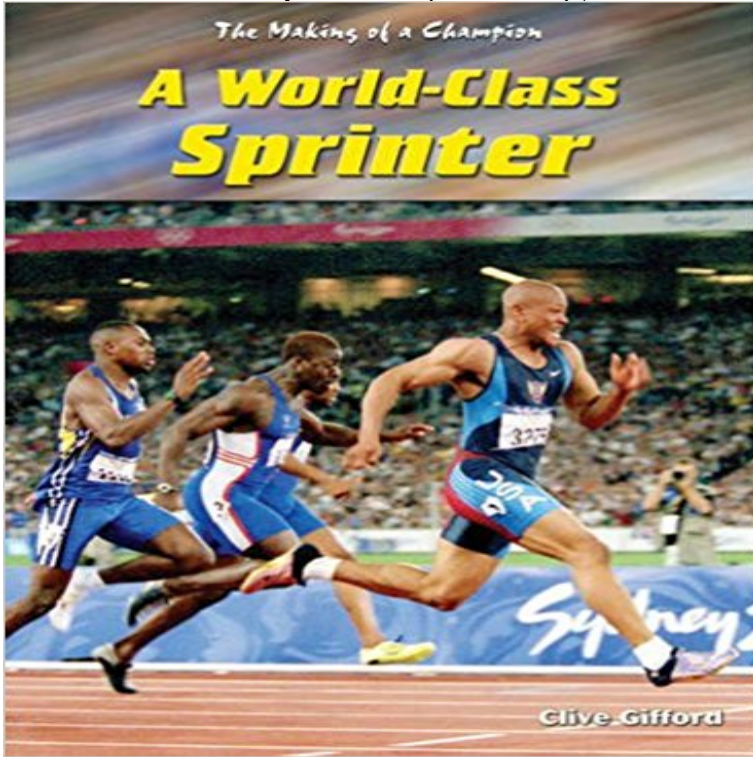


World-class Sprinter (Making of a Champion)



This series looks at how people succeed and reach the top of their chosen sport. Each book includes information on basic aptitude and ability, techniques, fitness and training, diet, equipment and much more. It contains fascinating facts about all aspects of the sport. It includes case studies about the sport and its well-known personalities, and features champions and competitors from around the world. Each book contains at least 50 photographs and explanatory diagrams.

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