



## A Basic Guide to Decathlon (2nd Revised edition)

By Frank Zamowski, United States Olympic Committee, Geoffrey M. Horn

Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, A Basic Guide to Decathlon (2nd Revised edition), Frank Zamowski, United States Olympic Committee, Geoffrey M. Horn, This is for the athlete who wants to become a decathlete -- and for the sports fan who wants a deeper appreciation and understanding of this challenging Olympic event. You'll learn the history of decathlon, how to get started, the fundamentals of training, and how to get and keep fit. Written by Frank Zarnowski, PhD, the world's foremost authority on the decathlon, this book is packed with practical information, presented in Dr Zarnowski's engaging, easy-to-understand style. Special features include: Results of the 2000 Olympic Games in Sydney, Australia; Profiles of leading US Decathlon Champions; An overview of the ten decathlon events; Opportunities for competition at all levels; Understanding the scoring tables; Clothing and equipment; Strategies for training and competition.



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