Baseball Speed Training

Randy Smythe

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Randy Smythe

Baseball Speed Training Randy Smythe
This is the complete guide for improved baseball speed. Baseball Speed Training is a comprehensive program for running faster times in home-to-first and the 60 yard dash. With over 120 drills shown in 218 photographs, the book takes sound sport science and adapts it to the baseball player and in the player's language. The eight chapters are to the point explaining what to do, how to do it, why, how much, how often, and when.

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