



Developing a Successful Cross Country Program: The Complete Guide from A to Z

Steve Telaneus, Stephenie Jordan

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Developing a Successful Cross Country Program is a resource-packed, comprehensive handbook that touches on virtually every aspect of the sport. Chapters include defining your program, season checklist, periodization made easy, planning a practice, racing strategies and tactics, meet day considerations, and season-ending responsibilities. Also includes information on planning a home cross country meet, injuries and nutrition, as well as fundraising ideas.

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