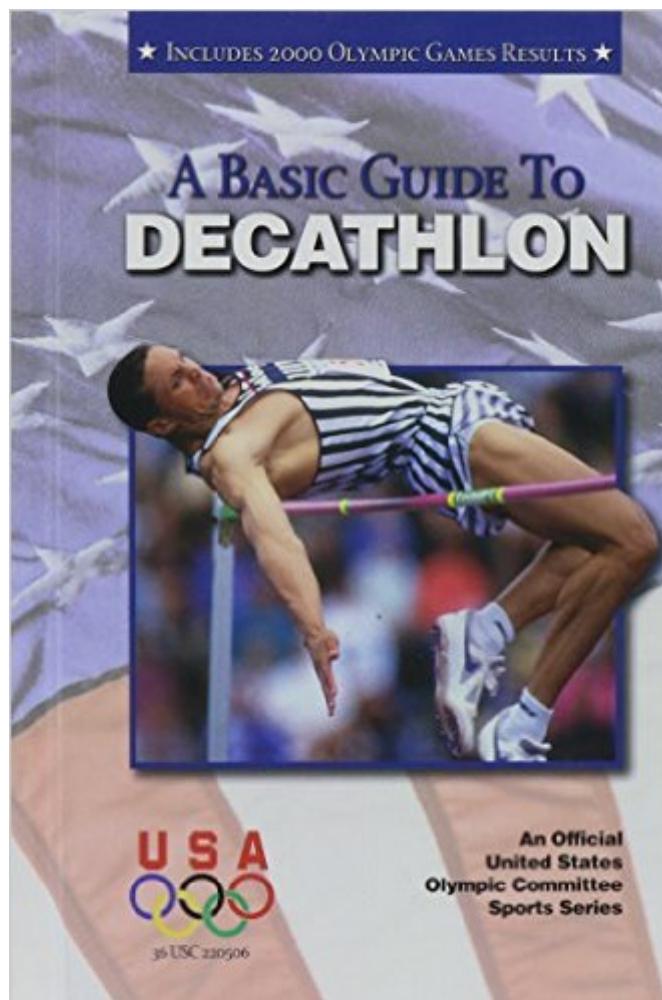


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# A Basic Guide To Decathlon (Official U.S. Olympic Committee Sports)



## **Synopsis**

There's nothing more exciting and engaging than the Olympic Games. Athletes from across the globe unite to participate in the most exciting and vigorous competitions of their lives. These athletes didn't get to the Olympics by accident -- it takes years of dedication, sweat, and training to become an Olympic athlete. But you don't have to be training for the Olympics to enjoy sports. Whether you like cycling, playing softball, wrestling, or riding horses, the Olympic Guides will give you numerous tips on equipment, training, and improving your skills. Complete with up-to-date results from the 2000 Olympic Games in Sydney, Australia, these official U.S. Olympic Committee publications take a fascinating look at how to play sports, the history of sports, and everything in between. A Basic Guide to Decathlon 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, and the fundamentals of training. Written by Frank Zarnowski, Ph.D., the world's foremost authority on the decathlon, this book is packed with practical information.

## **Book Information**

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Age Range: 10 - 14 years

Grade Level: 5 - 9

## **Customer Reviews**

Dr. Zarnowski provides a thorough guide for any level of decathlete from beginner to Masters athletes. The author develops the text from a historical perspective and walks the reader/athlete

through the rules, equipment, training, and insightful competition tips that will benefit athletes of all ages. This book is not a one time read. This is a handbook that you will read over and over and it will be in training bag - not on your shelf. I am sure with the authors expertise in the event this could have been decathlons version of "War And Peace", but the writing is concise, entertaining and not over layden with training jargon. A must for your library.

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