



Secrets to Success in the 400m Hurdles: How to Achieve Athletic Success (Paperback)

By Dr Gregory O Houghton

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book will provide 400M hurdlers with insights to maximize their training and performance in competition. This book also provides the the solution that remove frustration and disappointment from your athletic efforts. When you follow these success principles, you will learn to produce consistent success with relative confidence and ease.

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