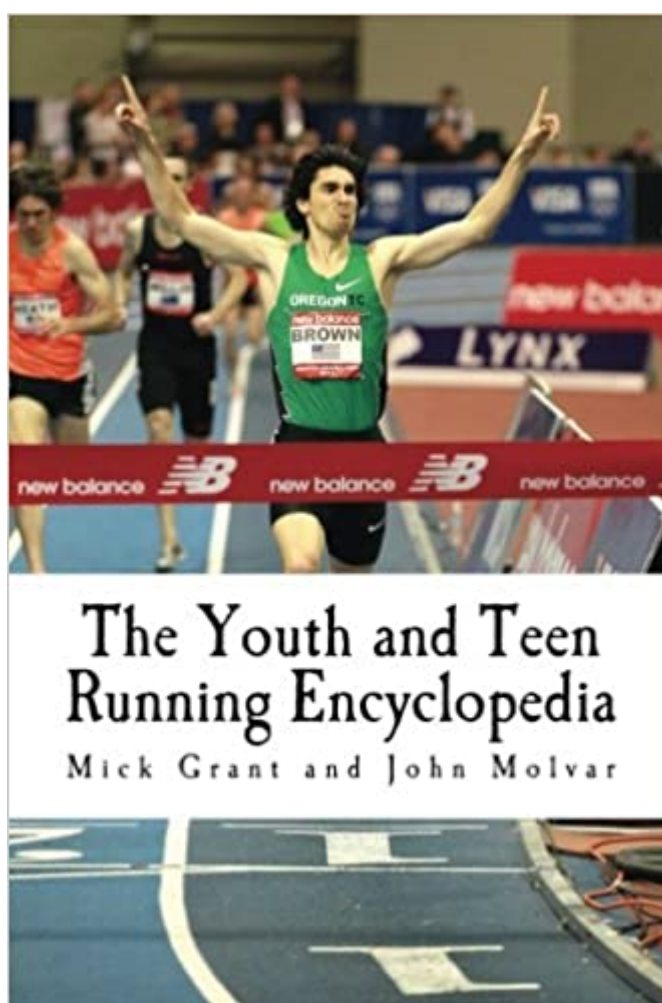


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# The Youth And Teen Running Encyclopedia: A Complete Guide For Middle And Long Distance Runners Ages 6 To 18



## Synopsis

The Youth and Teen Running Encyclopedia is the first ever complete guide for middle and long distance runners ages 6 to 18, their coaches and parents. It shows the proven formula of Mick Grant, who produced Hershey's North American Final qualifiers 12 consecutive years, multiple Footlocker Finalists and National Champions several years in a row, including Hershey's North American Final, USATF Junior Olympics, USATF Youth Athletics Nationals and National Scholastic Indoor Championships. All this from a group of ordinary local kids, near Mick's home in Northeast Massachusetts. The book lays out in detail how youth and teen athletes can achieve successively higher levels, year after year after year, following the proven success of Mick's training program. What differentiates this program and this book from other programs and books is that it is a unique blend of building endurance and improving basic speed throughout the year, so that the athlete is much better next year than they are this year. The program uses a FUN FIRST approach, making sure the athletes enjoy what they are doing and stay healthy, to allow consistent training. It is the first such book to cover every topic imaginable for the youth and teen middle to long distance runner, jammed packed with almost 200 pages of vital information. This book is a must read for all youth runners age 6 to 18, and anyone helping youth runners starting on the way to a lifelong enjoyment of running, and a successful running career. While this book is geared to youth runners, it is a valuable resource to all middle and long distance runners and coaches, regardless of age or level, because the same basic principles apply to all middle and long distance events..

## Book Information

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## Customer Reviews

Mick Grant has been coaching youth athletes for over 30 years with astonishing success. Parents of many ordinary local kids have requested him to coach their children to become better runners. Mick rarely recruited athletes; they came to him and most had minimal or no background in the sport before starting with him. The results he has gotten are nothing short of remarkable including National Champions six consecutive years and having qualified athletes for the Olympic Trials, Hershey National Championships 12 years in a row. Several of his runners have gone on to become State and National high school champions including Russell Brown, who went on to run a 3:51 mile and Chantelle Dron, who ran a 4:22 1500 meter run at age 15. John Molvar is a coach and private investor. As coach he has been involved in running and has studied the sport for 40 years. He has coached at the Youth, High School, College Division I, II & III and post collegiate levels. As a head college coach was named by his fellow conference coaches the Men's Conference Coach Of The Year 4 times and also Women's Coach of The Year. He is currently Assistant XC and Middle Distance and Distance Track Coach at UMass-Lowell, a position he has held the past 5 years. He is co-author of the 5 star rated Youth And Teen Running Encyclopedia. As investor he has been investing for more than 20 years and also previously worked as a nuclear engineer for 22 years before retiring at age 43. Investing in individual stocks he has beaten the stock market by a wide margin averaging 16.1% average annual returns versus 3.1% for the S&P 500 during the 15 year period from 1999 to 2013. He is the author of the 5 star rated Beginning Investing.

Mick Grant and John Molvar have written a guide to youth and teen running that is based on sound approach, principles and practical applications. As a former Division 1 college cross country and track & field athlete, and having coached my two sons for the past 10 years, I have not found a youth and teen running guide that is so complete and in depth, expert yet approachable, and illustrated with tons of credible and motivational examples of athletes coached by Grant and Molvar. I would highly recommend this as the FIRST guide for youth and teen athletes, coaches and parents. I am having my two sons read it as well. Everything in "The Youth and Teen Running Encyclopedia: A Complete Guide for Middle and Long Distance Runners Ages 6 to 18" has been field tested and with impressive results. Grant and Molvar believe in a goal-oriented, developmental approach to running that focuses on fun, progressive and consistent training that builds success and rewards over the long-term. The authors present a comprehensive framework and expand on the components of that framework with rich, detailed and logical sections that include both principles and practical applications, and illustrate them with real sample workouts used by Grant's and

Molvar's coached athletes. And there are lots of "don'ts" with explanation of consequences if runners and coaches fail to follow what is recommended. The guide covers topics that I think are important for youth and teen runners, but that other guides omit, including focus on setting goals and achieving improvement, importance of endurance training and "putting money in the bank", importance of injury prevention, too much racing and mental burnout, heart rate to measure training intensity, differences between male and female teen runners, strength training, sleep and nutrition, and use of training logs. The icing on the cake is the wrap-up that emphasizes the key points of the guide and includes a progressive outline of John Molvar's training of his two sons and their achievements, including changes Molvar made from year to year and the resulting impact (and tying Molvar's training to specific sections of the guide - just in case the reader has any doubts that it works). For me, the guide reinforced many of the things that I am already doing as a coach for my two sons, introduced new training that I have adopted since learning from Grant and Molvar, and (I'm not afraid to say it) changed some things that may not have the intended benefit.

Wow!! I just finished reading this book. I hope the authors have a game plan on how to market and get this all important book into as many hands as possible. A "must read" is far over used, but in this case, this book is a must read for all parents, coaches and kids. The book is not only an encyclopedia, but rather a well-constructed blueprint for success. Read once through and keep forever as a complete reference guide. Following the principles outlined in this book will result in a rewarding running experience and steady improvement each and every year. Coaches, please for the sake of your program, digest every page of this book!! You will rediscover the importance of long term development rather than short term results. Making the appropriate changes will propel your program to next level. Every aspect of training and racing with specific dos, and more importantly the don'ts are covered in great detail.

This is a great read if you have the opportunity to work long term with young distance runners. Its message is loud and clear. It is also helpful to parents and coaches who are navigating the challenging waters of the demanding high school race seasons in cross country and track. I would recommend this to anyone who wants to see a sensible and safe way to develop distance talent.

While reading on a subject that I consider "my own", my opinions danced in several directions, but at the conclusion, my impression was that this book is not only comprehensive, but serves as an invaluable resource for coaches, runners, and parents of runners; and one that I'll use to make

some modifications to future training regimens that I prescribe. Information on youth running is nearly non-existent, and sorely lacking; and the sport itself is questionable in many parents' minds, unlike swimming and other comparable endurance sports. The "truth" lies within this publication, in how important it is for high school and college aged runners to begin as early in life as they do so many traditional sports. Development as a runner goes far beyond what talent can bring, and the process is lengthy in order to be healthy and lasting. I highly recommend this book as a mandatory starting point. Jerry Palazzo Head Coach Equalizers Track Club - Southern California

I wish I had this book when I ran in high school. My coach was a nice guy, actually a Jesuit priest. He was well intentioned but knew little about long distance coaching. For cross country season he would have us run a mile or two. Never any longer distances. Never ran on weekends. For indoors only ran 4 to 6 quarter miles five days a week and that was it. I guess we made up for it by having dual meets every week. With little distance work and always running fewer than 10 miles total per week I was still able to run a 2:08 half mile. In my early thirties I ran maybe 20 miles a week and ran races every week, the opposite of what the book suggests. My pace for these 6.2 mile races was 6.1 to 6.3 minutes per mile. But did I collect a lot of race T-shirts. In my mid thirties I trained for a marathon, running 60 miles a week (this training guide suggests a lot of long runs putting money in the Bank). What a difference. Three weeks after running a marathon, I ran a 10 mile race in 57 minutes! I proved what this encyclopedia suggests, fewer races and more distance runs to improve your times. I wonder what my high school half mile times would have been if I had this book as a training guide? I highly recommend this book. It is useful for coaches as well as youth runners and even runners in their thirties and forties.

I bought this for my son who is 16 years old. His specialty is the 800 meter run. He has picked up some excellent tips and training ideas.

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