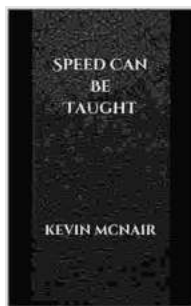


Unlock Your Limitless Speed: Discover Max Finkelstein's Revolutionary Secrets in "Speed Can Be Taught"

For decades, the conventional wisdom in sports has held that speed is an innate quality—a gift bestowed upon the select few. But renowned track coach Max Finkelstein dared to challenge this dogma with his groundbreaking book, "Speed Can Be Taught." Published in 1964, this seminal work has forever altered the landscape of speed training, providing coaches and athletes with an invaluable roadmap to unlocking hidden potential.



Speed Can Be Taught by Max Finkelstein

★★★★☆ 4.7 out of 5

Language : English
File size : 1005 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 34 pages
Paperback : 150 pages
Item Weight : 7.4 ounces



The Finkelstein Method: Revolutionizing Speed Development

At the heart of Finkelstein's philosophy lies his unwavering belief that speed can be systematically developed through proper technique, training, and

mindset. Rejecting the notion that genetics alone determine speed, he proposed a holistic approach that encompasses all aspects of human movement.

The Finkelstein Method emphasizes the importance of:

- **Proper running mechanics:** Correcting faulty stride patterns and optimizing biomechanics for efficient energy transfer.
- **Targeted strength and power training:** Developing the muscular foundation essential for explosive acceleration.
- **Plyometric exercises:** Enhancing power output by training the muscles to generate force quickly.

li>**Mental conditioning:** Cultivating a positive mindset that fosters self-belief and overcomes psychological barriers.

The Power of Technique: Step-by-Step Guidance

"Speed Can Be Taught" meticulously details Finkelstein's step-by-step approach to improving running technique. Through clear illustrations and precise descriptions, he guides readers through the following key elements:

- **Arm action:** Optimizing arm swing for maximum momentum and stability.
- **Leg action:** Achieving efficient stride length, cadence, and ground contact time.
- **Body positioning:** Maintaining an upright posture with minimal energy expenditure.

- **Transition:** Seamlessly transitioning between acceleration and max speed.

Training Regimens for All Levels

Finkelstein recognized that speed development is not a one-size-fits-all endeavor. "Speed Can Be Taught" provides comprehensive training regimens tailored to athletes of all ages, abilities, and sports disciplines. Whether you're a young sprinter seeking to improve your personal bests or a seasoned track coach seeking to maximize your athletes' potential, you'll find invaluable guidance within these pages.

Mind over Matter: The Psychological Edge

Speed is as much a mental game as it is a physical one. Finkelstein understood the profound impact of mindset on performance. In "Speed Can Be Taught," he emphasizes the importance of:

- **Visualization:** Creating vivid mental images of successful performances.
- **Positive self-talk:** Replacing negative thoughts with affirmations.
- **Goal setting:** Establishing attainable objectives to drive motivation.
- **Overcoming fear:** Confronting and conquering psychological barriers.

Legacy and Impact

Max Finkelstein's "Speed Can Be Taught" has left an enduring mark on the world of sports. Its principles have been adopted by countless coaches and

athletes, leading to significant performance improvements across a wide range of sports, including track and field, football, soccer, and basketball.

The book's impact extends beyond the track. Finkelstein's holistic approach to speed development has inspired innovations in strength and conditioning, plyometrics, and psychological coaching, benefiting athletes and fitness enthusiasts of all levels.

"Speed Can Be Taught" is a timeless resource, an indispensable guide to unlocking the hidden speed potential within you. Whether you're an aspiring athlete or a seasoned sports professional, Max Finkelstein's groundbreaking work will empower you with the knowledge and tools necessary to achieve your speed goals.

Embrace the wisdom of Max Finkelstein. Free Download your copy of "Speed Can Be Taught" today and embark on a transformational journey towards speed and success.

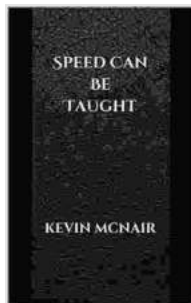
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