

High Performance Middle-Distance Running

By David Sunderland

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Mary Cain (athlete) - Wikipedia, the free -

Her main events are in middle distance running. Oxy High Performance: US Natl HS record & NJR: 3000m: 8:58.48: 2014, July 24: World Junior Championships: US Natl

[http://en.wikipedia.org/wiki/Mary_Cain_\(athlete\)](http://en.wikipedia.org/wiki/Mary_Cain_(athlete))

Frank W. Dick (Foreword by of High Performance -

Frank W. Dick is the author of Sports High Jump 0.0 of 5 stars 0.00 avg High Performance Middle-Distance Running by David Sunderland, Frank W. Dick

http://www.goodreads.com/author/show/829811.Frank_W_Dick

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<http://britishmilersclub.com/bmcnews/newsindex.asp>

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<http://www.amazon.com/Performance-Middle-Distance-Running-PERFORMANCE-MIDDLE-DISTAN/dp/B008JGY832>

Terrence Mahon - Boston Athletic Association -

Terrence Mahon has joined the Boston Athletic Association to lead and coach a high performance distance running initiative for the organization.

<http://www.baa.org/about/administration/terrence-mahon.aspx>

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Middle Distance Running : AIS : Australian Sports -

Middle distance running combines the use of both aerobic and anaerobic energy systems and requires athletes to High Performance Strategy; What is the AIS? AIS

http://www.ausport.gov.au/ais/nutrition/factsheets/sports/middle_distance_running

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<http://www.thenile.com.au/books/David-Sunderland/>

Dave Sunderland - England Athletics -

He authored High Performance Long Distance Running and High Performance Middle Distance Running which have brought great she was coached by Dave Sunderland).

<http://www.englandathletics.org/england-athletics-news/dave-sunderland>

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David Sunderland is the author of High Performance Long-Distance Running (4.33 avg rating, 3 ratings, 1 review, published 2011), High Performance Middle-

http://www.goodreads.com/author/show/993860.David_Sunderland

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http://running.competitor.com/2014/01/news/big-turnaround-for-u-s-middle-distance-running_92239

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a remarkable comeback has taken place for American middle distance running. where David Rudisha broke the track. Indeed, the USATF High Performance

<http://www.letsrun.com/news/2014/01/2013-caps-decade-long-turnaround-usa-middle-distance-running/>

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Women's Long Distance Running: David Oja - 315 Patrick Pretty - 262-675-2605; At-Large Representatives. Chair, High Performance Women's Middle Distance:

<http://www.usatf.org/about/directory/info.asp?parent=&group=Developmental%20Group>

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<http://www.ulearnathletics.com/cpdEvent/78491?theme=min>

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Middle-distance running events are track for the world record performance by Hicham El Guerrouj only in American high schools along with the 1600 m.

http://en.wikipedia.org/wiki/Middle_distance_running

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Run TrackTown's High Performance Meet - Flotrack -

High Performance meet features top U.S. middle distance runners. By Curtis Anderson / TrackTown USA.

<http://www.flotrack.org/coverage/251077-News-from-the-Track-and-Field-World/article/27306-Run-TrackTowns-High-Performance-Meet>

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