



Track and Field Resource List - *Sprinting*

Books

[Athletic Development: Vern Gambetta](#)

[Running Anatomy: Puleo/Milroy](#)

[Strength Training for Speed: James Wild](#)

[Sprinting: Training, Technique and Improving Performance: Chris Husbands](#)

[Speed Strength: Joel Smith](#)

Journals

[Sprint mechanical differences at maximal running speed: Effects of performance level](#)

[Men's 400m - 2017 IAAF World Championships Biomech.pdf](#)

[Sprint Acceleration Mechanics: The Major Role of Hamstrings in Horizontal Force Production](#)

[Vertically and horizontally directed muscle power exercises: Relationships with top-level sprint performance](#)

[Alterations to the orientation of the ground reaction force vector affect sprint acceleration performance in team sports athletes](#)

Videos

[Sprinting Mechanics: Acceleration and Maximal Velocity \(Cut\)](#)

[Ralph Mann Team USA biomechanics analys Laura de Witte Trias/Heiloo](#)

[Active Muscles During a Sprint | Mechanics with Morey](#)