CONTENTS

Preface	1
Introduction	5
1. A New Look	9
2. Injury	12
3. The Basics	17
4. The Warm Up	35
5. Pre-Race	47
6. The Start	55
7. The Sprinter's Stride	92
8. Where the Foot Meets the Track	107
9. The Arm/Leg Connection	124
10. Additional Essentials	148
11. Assembling the Components	157
12. Size of Athlete	173
13. The Curve	178
14. The Finish	196
15. Post-Race	201
16. The Class Leaders	207
17. By the Numbers	218
18. Closing Thoughts	230
Bibliography	235
Index	237