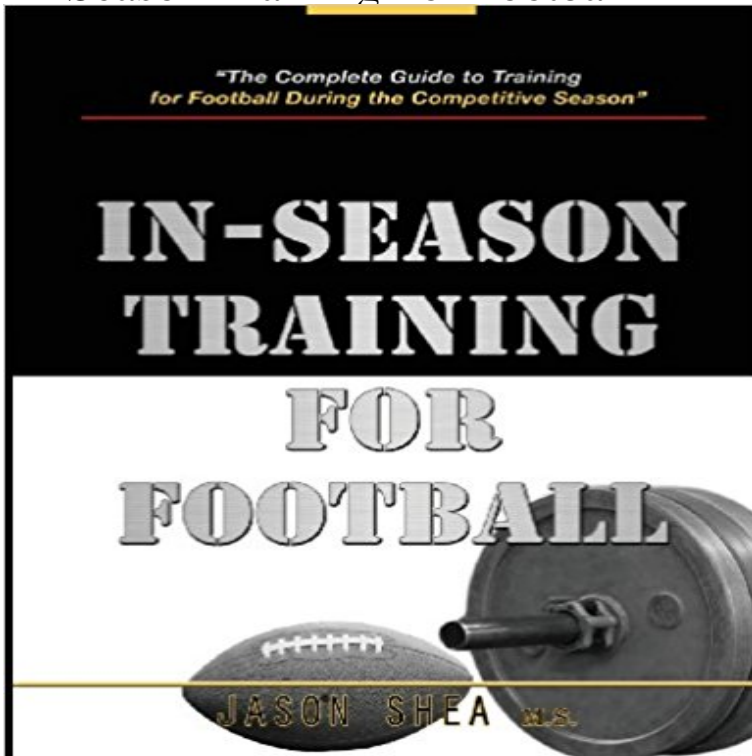


In-Season Training For Football



You've trained hard all off season. Now that the football season has begun, how do you maintain your hard earned results? What good is it for an athlete to be their strongest, quickest, and most powerful at the beginning of season, only to see those gains slowly deteriorate as the season progresses? Are you interested in: *

- * How to maintain or even increase strength during season *
- * How to decrease risk of injury *
- * How to preserve gains in speed and power *
- * Perform at optimal levels all season long

The answers to these questions and more are now available with the In-Season Training For Football, the first book dedicated to the topic of in-season training for football. Written by owner of APECS corp., College Professor, Municipal Police Training Committee Statewide Health and Wellness Coordinator and PICIP Level IV International Strength Coach, Jason Shea M.S., the In-Season Training Training for Sport is a 256 page comprehensive guide to In-Season Training.

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