

Training High School Middle-Distance Runners

1. The Mental Approach
2. The System
3. A Case Study
4. The Training and the Racing
5. Continual Process

Reflections on Kenya

1. Belief
2. The Group
3. Definitions of training
4. The training and the location
5. Home of Champions – St. Patrick’s High School & Brother Colm
6. The Kalenjin
7. The Intangibles
8. The Next Champions