



VOQ Training for Cross Country & Track: A Coach's Year-Round Guide to Maximized Performance, Extended Peaks, and Injury-Free Distance Running via the Inverted Pyramid's Volume-of-Quality Training

Dan Kaplan

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Anyone can coach a team or individual to merely run faster. That's the easy part. Consistently achieving greater improvement than the competition is the signature of *VOQ Training*, embracing the continuous cycle between Cross Country and Track, with each sport building off of the other in complementary fashion. This is made possible by the sprint inspired, **Volume-of-Quality** principles of the Inverted Pyramid and a careful attention to preventing injuries.

Combining traits of a training manual with program-building tools, plus enough back story to add personality to the workouts, there truly is something for everyone. *VOQ Training* is written primarily for High School and College coaches, but also for scholastic athletes seeking a maximized summer training plan. Additional suggestions are provided for tailoring the program to self-coached distance runners of all levels and racing objectives.

"Dan Kaplan has hit the nail on the head with this one. *VOQ Training* is the product of an expert coach giving his all for individuals who seek to find training routines that really work. The Inverted Pyramid philosophy allows focused flow toward peak performance. Thanks Dan for offering years of thought and expertise! This is a must read for all." -- Dave Johnson, M.ED. Special Education, Decathlon Olympic Medalist, Corban University / Director of Athletics.

"[*VOQ Training*] has a lot of foundation to what, when, where, how and why - more than most do." -- Kelly Sullivan, Head Cross Country and Track & Field Coach, Oregon State University. USATF Men's Distance Development Chair 1992-2004.

For a preview of the full introduction, visit VOQTraining.com.

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