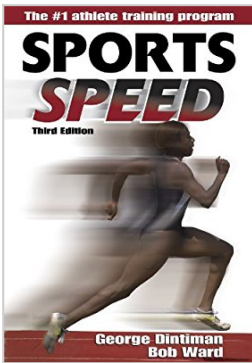


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## Sports Speed - 3rd Edition

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- speed endurance training,
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- footwork drills,
- overspeed training, and
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