

Ontario Track and Field Association

Basic Coaching Resource List - Annotated

Note (1) The universal identifier for books is known as the International Standard Book Number (ISBN). Until 1 January 2007, ISBNs had 10 digits (ISBN-10). Books published since that date have a new ISBN with 13 digits (ISBN-13). Eventually, the 10 digit number will be phased out, but at present both formats are in use. New editions and reprints of older books have both. In this list, the ISBN – 13 is given unless the book has none. A similar numbering system exists for periodicals: the ISSN has 8 digits.

Note (2) Many of the books below are published by Human Kinetics, Champaign, IL (with a Canadian office in Windsor). From its origins as a small publisher of academic sports text books, the company has blossomed in the last two decades into the major source of sport and recreation books on the continent. But they have not sacrificed the quality they required in the scholarly market; they have rather matched that quality with attractive production, and fine editing that dramatically enhances the accessibility. The books listed below are only a sample of their full catalogue; whatever the subject, an HK book can be relied upon.

Note (3) Canadian connections (authors, publishers) are noted as appropriate.

Training Principles and Fundamentals

Periodization – Theory and Methodology of Training 4th Ed. 1999 ISBN 978-0880118514
Tudor Bompa Human Kinetics, Champaign, IL

York University's own Dr. Bompa is the leading North American exponent of the pioneering Eastern European sport training theories that now govern our coaching. Early editions were frankly heavy going, but the HK editors emphasize that the material is now "better organized and easier to read". Look at the chapter headings on the HK website, and you will see how fundamental this book is. In 2005, Dr. Bompa teamed with co-author Michael Carrera to produce *Periodization Training for Sport*. The tempting title hides the distinct focus on strength development; it is not a new edition of the classic "*Theory and Methodology...*" But, given that all human motion is muscular, including the longest endurance events, and given the author's unrivaled expertise, the new book is also a useful contribution. (Also HK, ISBN 978-0736055598).

Sports Training Principles Frank Dick 5th Ed, 2007 ISBN 978-0713682786
A & C Black Publishers, London, UK

The classic text was first published in 1980 by the then Head National Coach of Great Britain. Thoroughly revised, it is a perfect "where do I get started?" reference for coaches seeking shelter from the overabundance of detailed, but not always useful, information now available.

Fitness and Health Brian Sharkey 6th Ed, 2007 ISBN 978-0736056144
Steven Gaskill Human Kinetics, Champaign, IL

Another standard reference text on the nature of exercise that goes well beyond the gentle applications suggested in the title. First published in 1990, it also remains current through regular updates. This classic is so sound and accessible that we also feel that we can recommend a new 2006 work by the same authors that we have not seen. If *Sport Physiology for Coaches* adapts the same fundamentals specifically to coaches in the same accessible way, it is certainly worthy of a place on the shelf in a coach's library. (Also published by HK; ISBN 978-0736051729.)

Coaching, Achievement

Successful Coaching Rainer Martens 3rd Ed. 2004 ISBN 978-0736040129
Human Kinetics, Champaign, IL

Another of HK's trademark reference texts, by one of the USA's leading coach educators.

In Pursuit of Excellence Terry Orlick 4th Ed 2007 ISBN: 978-0736067577
Human Kinetics, Champaign, IL

The fourth edition of this classic examination of the nature of sporting excellence will not be available for a few more months. If you cannot wait until September, you can still buy the 3rd edition (ISBN 978-0736031868). Dr. Orlick teaches at the University of Ottawa.

Seven Steps to Peak Performance Richard Suinn 1986 ISBN 978-0920887127
Hogrefe and Huber Publishers
Cambridge, MA

Search by other publishing details as well as the title, which the book shares with at least two "self-help" texts.

Published by a company specializing in scholarly psychiatry and psychology texts, this tiny (64p) gem was never easy to find at the best of times, and now appears to be out of print. But if you can ever find a second-hand copy, buy it. Or borrow a colleague's, and invest in a photocopy of the 50 or so key pages. Dr. Suinn was a staff psychologist at the USOC Training Center in Colorado Springs. He noticed that, while athletes were comfortable going about the business of their daily training, they often had no idea of how to prepare mentally. "Seven Steps.." is a workbook that guides them, and their coaches (also often out of their element) not just through what to do, but how to do it. The "how" is the book's inestimable contribution: in the process, "Sport Psychology" becomes as real, and just as much a part of daily training as a session on the track or in the weight room.

Track and Field Athletics

Fundamentals of Track and Field Gerry A Carr 2nd Ed., 1999 ISBN 0736000089
Human Kinetics, Champaign, IL

A consistent format and approach allow instant access to the nature, and basic coaching of each event. Dr. Carr wrote the book as a professor at the University of Victoria, BC.

USA Track and Field Coaching Manual

2000 ISBN 978-0880116046
USA T&F (available from HK)

The most-readily available “official” source. But if you can find a rare copy of the IAAF’s *Basic Coaching Manual*, grab it! It is truly excellent: if the IAAF had not made the curious decision to reserve it for their own coaching courses, it would surely have been a best seller. The restricted use soon made reprinting uneconomical and it is no longer available.

The venerable “classics” of this genre can still be found, and have sometimes been updated. For a quarter century, Ken Doherty’s *Track and Field Omnibook* went through four editions as the standard North American text before finally going out of print in the mid-1990s. But a 5th edition, revised and updated by John Kernan, has just been published in 2007 (ISBN 978-0911521 740). The European equivalent was by Gerhard Schmolinsky. Though larded with references to the East German social and sport ideology from which it came, its technical content was outstanding and first described the fundamentals on which modern coaching everywhere is now based. It too has been updated (1993 – ISBN 978-0920905388). But two decades after the Berlin Wall fell, however excellent the content, the title now sounds slightly menacing: *Track and Field: The East German Textbook*

Sprints, Hurdles, Relays

The Science of Hurdling and Speed Brent McFarlane 4th Ed, 2000
Publication details not known
Available from Amazon.com and Track and Field News

The Canadian classic: Track and Field News called the 3rd edition “the best book on a single event ever written.” The 4th edition is expanded once more. Sprint and hurdle coaches cannot be without this book. Nor can distance coaches seeking to understand the true nature of speed.

Distance Running

The Lore of Running Timothy Noakes 4th Ed, 2003 ISBN 978-0873229593
Human Kinetics, Champaign, IL

This is your standard reference text; the starting point for all your distance running questions. You marvel at the breadth and depth of the author’s knowledge and passion, and the clarity with which he communicates them.

Better Training for Distance Runners

David Martin and Peter Coe ISBN 9780880115301
2nd Ed, 1997
Human Kinetics, Champaign, IL

An update of the authors’ groundbreaking *Training Distance Runners*. Not always easy reading: Martin and Coe avoid simple and convenient “systems” and “programs”. But indispensable as a reference for those seeking to truly understand the physiological and competitive essence of modern middle-distance and distance running.

Daniels' Running Formula Jack Daniels

2nd Ed. 2005 ISBN: 9780736054928
Human Kinetics, Champaign, IL

The counterpoint to Martin and Coe. Daniels does provide a “formula” (of optimal training paces) for those who relate to numbers, tables and training zones. But the formula is based on sound physiological and coaching science, and packaged with the help of an expert statistician. The intangibles are not dealt with as Noakes, Martin and Coe deal with them, but the “formula” provides sound training guidelines for coaches seeking a safe haven in the storm of information that swirls around them.

Jumps

The Complete Book of Jumps Ed Jacoby and Bob Fraley

1995 ISBN 978-0873226738
Human Kinetics, Champaign, IL

In an event group that is not well served by quality publications, this text has stood alone for some time. The field is open to interested Jumps coaches to fill a void.

Throws

The Complete Book of Throws

Jay Silvester

2003 ISBN 978-0786041140
Human Kinetics, Champaign, IL

Clearly designed as a companion volume to Jacoby and Fraley, this text now provides competition for the venerable Dunn and McGill.

The Throws Manual

George Dunn and Kevin McGill

3rd Ed. 2003 ISBN 0911521658
Track and Field News, Mountain View, CA

Like Jacoby and Fraley's *Jumps*, this text stood virtually alone in the event group for some time. It is good to see a 3rd edition after a gap of some years.

Race Walking

The Complete Guide to Racewalking: Technique and Training

Dave McGovern

1998 ISBN 978-0966217605
Self-published (World Class Publications)
Mobile, AL

Available from Amazon.com or directly from the author at World Class Race Walking. Another book with little competition in the event. It's uneven in places, but at least it's out there. McGovern is a student of the sport, a knowledgeable coach and a writer with a clear and engaging style.

Walking Fast

Therese Iknoian

1998 ISBN 978-0880116619
Human Kinetics, Champaign, IL

While the book is aimed at the Fitness Walking market (considerably bigger than the Racing market), Iknoian's own competitive background is never far beneath the surface. Her advice is always sound, and can sometimes be more accessible to the beginner than McGovern's focus on high-level competition. She includes a section on Race Walking as a logical progression for people who enjoy "Walking Fast". Her more recent (2005) book *Fitness Walking* seems to take a different approach and does not appear to be a new edition of *Walking Fast*.

History / Statistics

The Complete Book of the Summer Olympics 2004 edition ISBN 1894963342
David Wallechinsky Sport Classic Books, Toronto

The indispensable compendium for every Olympiholic. Results, stories and pictures from all summer Games since 1896. For some time, the book has been regularly updated to include the most recent Games. Wallechinsky also has a companion volume for the Winter Games.

ATFS Annuals International Association of Athletics
Federations (IAAF), Monaco

A comprehensive annual overview of world athletics prepared by the dedicated members of the Association of Track and Field Statisticians (ATFS). Annuals are available from 1994. Each edition is dated by the year following the year it reviews: the most recent is the *ATFS Annual 2006*, covering results and rankings from 2005.

Progression of World Best Performances and Official IAAF World Records
2003 edition , International Association of
Athletics Federations (IAAF), Monaco

If you want to see how your event has evolved since record-keeping began, this periodically-updated compendium is the source to consult. An impressive feat of research and a wonderful window looking back over the journey our sport has made.

Periodicals

This list contains periodicals specifically geared to the sport and its coaching; those in the "coaching" group are written by coaches for coaches. Advanced articles can also be found in scholarly publications of the sports sciences (though articles in *New Studies...* also tend to be fairly specialized).

Coaching

Australia *Modern Athlete and Coach* Quarterly ISSN 0047-7672
Australian Track and Field Coaches Association,
Ashmore City, QLD

International *New Studies in Athletics* Quarterly ISSN 0961-933X
International Association of Athletics Federations
(IAAF), Monaco

UK *The Coach* Quarterly ISSN 1474-1601
Descartes Publishing, Peterborough, UK

The same publishers as Athletics Weekly. Check the ISSN number, a volleyball periodical has the identical name.

USA *Track Coach* Quarterly
Track and Field News, Mountain View, CA
Formerly Track Technique.

News, Current Affairs

Canada and International *Athletics* 10 issues per year ISSN 0229-4966
Ontario Track and Field Association, Toronto

UK and International *Athletics Weekly* Weekly ISSN 0004-4671
Descartes Publishing, Peterborough, UK

Vital if you are planning a “track trip” to Great Britain. Great lists of upcoming competitions. And it really is weekly, so the lists, and the news, are always current.

USA and International *Running Times* 10 issues per year ISSN 0147-2968
Fitness Publishing, Wilton, CT

For the dedicated road runner. Excellent technical columnists. Go to *Runners' World* for running articles of more general interest; stick to RT if you want the racer's perspective.

(At the end of February 2007, the publishers of *Runners' World* (Rodale Inc) announced their purchase of *Running Times* starting with the May 2007 edition. The two magazines are supposed to continue to operate separately. We hope so; both are commercially successful. But who knows how long the new owners will be able to resist the appeal of RW's six-times-larger circulation, and steer RT away from the “racing experience” and towards the “running experience”).

USA and International *Track and Field News* Monthly ISSN 0041-0284
Mountain View, CA

Modestly subtitled “The Bible of the Sport”. At very least, it's venerable, as it approaches its 60th anniversary in 2008.

Sources

Many of the books listed above may be on the shelves of, or can easily be ordered from, your local bookseller. For harder-to-find items, try Amazon.com – you would be surprised what they have!

Websites for publishers and other sources mentioned above are as follows:

A and C Black	http://www.acblack.com/
Amazon	http://www.amazon.com/
Australian Track and Field Coaches Association	http://www.atfca.com.au/
Descartes Publishing	http://www.descartespublishing.co.uk/
Running Times	http://www.runningtimes.com/
Human Kinetics	http://www.humankinetics.com/
IAAF	http://www.iaaf.org/
(From the home page, click “Downloads”, then “Publications”. You will then be able to download a Publications Order Form)	
Ontario Track and Field Association	http://www.otfa.ca/
Sport Classic Books	http://www.sportclassicbooks.com/
Track and Field News	http://www.trackandfieldnews.com/
World Class Racewalking (Dave McGovern)	http://www.racewalking.org

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