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 Discover everything you need to know  
 about  
**speed, strength and  
 conditioning**  
 for team sport athletes...  
**all in one place!**

What the **Experts** say...



"I recently got my hands on a book that I personally think will take speed training to a new level. Travis Hansen hit a home run with his book called 'The Speed Encyclopedia'." - Lee Taft, W...



"The Speed Encyclopedia is a great resource for athletes and coaches. It provides everything one would need to increase speed. Travis does a great job at bridging the gap between theory and application. He explains in great detail exactly what and why things..."

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