

**Course Name: Bachelor of Physical Education**

**Year: Ist**

**Paper Name: Skill and Prowess**

**Paper No.: I (Part-B 1)**

**Topic No. B (1)**

**Topic Name: Sprints**

**Lecture No.: 45**

## **Lecture Title**

### **Sprints**

#### **Links**

[www.onnit.com](http://www.onnit.com)

[www.runnersworld.com](http://www.runnersworld.com)

[www.breakingmuscle.com](http://www.breakingmuscle.com)

[www.bodybuilding.com](http://www.bodybuilding.com)

## **References**

Born to Run: The hidden tribe, the ultra-runners, and the greatest race the world has never seen by Christopher McDougall

RUNNING: STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) 24 March 2016 by Chris Douglas and Running

What I Talk About When I Talk About Running 2 April 2009 by Haruki Murakami and Philip Gabriel