

REFERENCE:

1. Dick, Frank, 1997: *Sports Training Principles*: 3rd Ed, A&C Black.
2. Dr. Mahaboobjan, A. and Viswejan, U., 2013: *Sports Training*. Delhi. Khelsahitya Kendra (India).
3. Matveyew, 1977: *L.P. Fundamentals of Sports Training*. Moscons: Progress Publishers.
4. Singh, Hardayal, 1984: *Sports Training*. Patiala. NIS Publications (India).
5. _____ 1991: *Science of Sports Training*. New Delhi: DVS Publications.
6. Uppal, A.K. Gautam, D.P., 2000: *Physical Education and Health*. Delhi. Friends Publications (India).
7. Uppal, A.K., 2013: *Scientific Basis of Sports Conditioning*. New Delhi. Friends Publications (India).

Links:

www.khelsahitya.com

www.merriam-webster.com

www.speedability.com

www.miefitquest.com/measurements/speed-ability.php