
Study literature

Basic:

- CARR, G. A. Fundamentals of Track and Field. 2nd ed.. Champaign : Human Kinetics, 1999. ISBN 0-7360-0008-9. 285 p.
- GUTHIRE, M. (editor) et al. Coaching Track and Field Successfully. Champaign: Human Kinetics, 2003. ISBN 0-7360-4274-1. 202 p.

Special:

- BOWERMAN, W. J., FREEMAN, W. H. High-Performance Training for Track and Field. Second edition. Champaign : Leisure Press, 1991. ISBN 0-88011-390-1. 243 p.
- ROGERS, J. L. (editor) USA Track and Field Coaching Manual. First edition. Champaign : Human Kinetics, 2000. 316 s. ISBN 0-88011-604-8
- JACOBY, E., FRALEY, B. Complete Book of Jumps. 1st ed. Champaign : Human Kinetics, 1995. 146s. ISBN 0-87322-673-9. 146 p.
- SILVESTER, J. (editor) Complete Book of Throws. 1st ed. Champaign : Human Kinetics, 2003. ISBN 0-7360-4114-1 168. p.
- GREENE, L. S., RUSSELL, R.P. Training for Young Distance Runners. First edition. Champaign : Human Kinetics, 1997. ISBN 0-87322-406-X. 191 s.
- MARTIN, D. E., COE, P.N. Better Training for Distance Runners 1st ed. Champaign : Human Kinetics, 1997. ISBN 0-88011-530-0. 434 p.
- ELLIOTT, B., MESTER, J. (editors) et al. Training in Sport (Applying Sport Science) 1st ed. Chichester : John Wiley & Sons, 1998. ISBN 0-471-97870-1. 409 p.
- DICK, F. F. Sports Training Principles. 4th ed. London : A&C Black, 2003. ISBN 0-7136-5865-7. Part 4. p. 212-289