

ATHLETIC TRAINING

FOR MEN AND BOYS

A COMPREHENSIVE SYSTEM OF TRAINING
TABLES FOR ALL EVENTS

BY

F. A. M. WEBSTER

*English Javelin Throwing Champion 1911 & 1923,
Honorary Chief Coach British Universities Team 1930.*

AUTHOR OF

"ATHLETES IN ACTION," "EXERCISES FOR ATHLETES," ETC.

AND

J. A. HEYS, L.S.M.

JOINT AUTHOR (WITH CAPTAIN WEBSTER) OF "EXERCISES FOR ATHLETES."

S. Kyriakides

*London 30th June
1935*

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ATHLETES

STELIOS J. KYRIAKIDES

1935

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AND
J. A. HEYS, L.S.M.

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MEN AND BOYS

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STELIOS I. KYRIAKIDES

Greek. Champion 1934

1934. Balkan Peninsular Champion

Hungary Champion 1934

England Champion 1935.

Cyprus Champion 1932-35.

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F. A. M. WEBSTER

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SECTION OF THE "ENCYCLOPÆDIA BRITANNICA," ETC.

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