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Guest poster Wil Fleming of Athletic Revolution in Bloomington, IN brings us a great piece on how he organizes his speed & agility workouts. How do you go about

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Jim Kielbaso is currently the director of the He definitely understands what athletes need and his training Ultimate Speed & Agility is an

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Jim Kielbaso MS, CSCS is the Director of the Total Performance Training Center and author of Ultimate Speed & Agility as well as creator of the IYCA s Ultimate Speed

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