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Many Training Programs. In Track And Field Specifically, Warm-ups Is Thought To Be Essential. Warm-ups Generally Include A Short Aerobic Component, Drills Specific To The Event Area, And Lots Of Stretching; Yet Today Research Has Found Possible Detrimental Effects Caused By Stretching. In Sprinting, Where Forceful Contractions Are Essential, It Was Feb 1th, 2024

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