BIBLIOGRAPHY
BIBLIOGRAPHY

BOOKS

Publishing.

Berryman J(1995), *Out of Many, One*: a history of the American College of


205

Cyril A.Keele, Eric Neil and Normal Joels, Dsmdon Wright’s (1985) *Applied


David E.Martin, Peter N.Coe, (1991) *Training Distance Runners,* Leisure Press,

David H.Clarke, (1975) *Exercise Physiology,* Prentice-Hall, INC., Englewood Cliffs,
N.J. Printed in USA, P.91


Journals


Gregory Haff. (2003). Combination Training Results in Significant Decreases in Abdominal Fat Mass *NSCA’s Performance Training Journal Fitness Frontlines*


