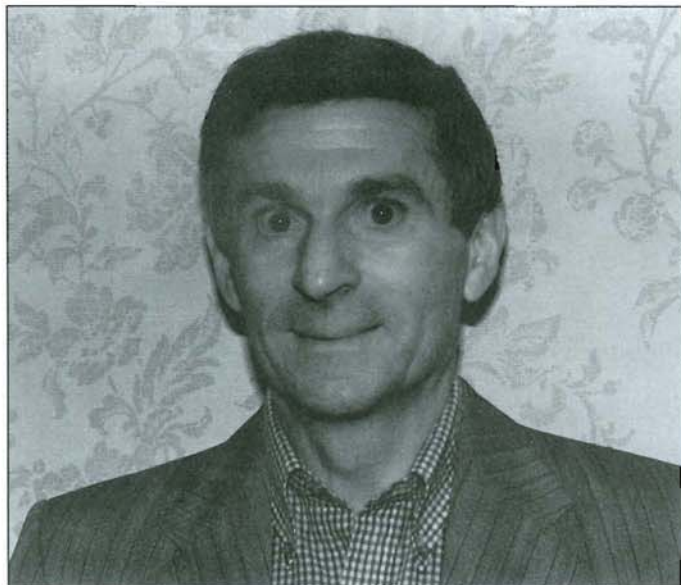


# DR. TABACHNIK JOINS BFS



*Dr. Ben Tabachnik  
Ex-Head Soviet Sprint Coach*

Several months ago I got a call from University of Maryland strength coach Frank Costello. Coach Costello and I have been friends for a long time and he had some amazing news. He had Dr. Ben Tabachnik in his office. Dr. Tabachnik and his wife had just immigrated to the United States from the Soviet Union. He had wanted to defect for years but now the perestroika status of the Soviet Union allowed the Tabachniks to make their move and meet relatives in Baltimore.

Dr. Tabachnik has written over 150 articles as the Head Soviet Sprint Coach on speed development. He has a P.H.D. in sprinting from the University of Moscow. Dr. Tabachnik headed a 40-man research team full of P.H.D.'s from all the various sciences. Their task was to unlock the secrets of speed development. Vast amounts of knowledge were accumulated. Dr. Tabachnik was given average sprinters and he applied his findings.

The result? European and Soviet Champions. He made 10.0 - 10.1 sprinters out of 10.6 100 meter sprinters. The question Coach Costello posed was "Greg, do you want Dr. Tabachnik at BFS?"

I immediately flew him to Salt Lake City and he stayed in my home nearly a week. It was a fascinating time. We did a couple of presentations locally and it was a real treat. I showed him a popular video by an American Speed expert and he laughed, "This is for grade school." You see Ben had the advantage of tens of millions of dollars of research and expertise at his command for a decade. The East Germans and Bulgarians get their inside information from Ben. It was exciting to have this man in my home.

A strong friendship was kindled and Dr. Ben Tabachnik became a BFS consultant, writer and clinician. His first article appears on the next page.



*Coach Tabachnik working with a high school football player on his 40-yard sprint. He is an amazing source of information and now available for BFS clinics.*

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