

Elite Training Group Track Club

The Elite Training Group Track Club has been a source of inspiration and knowledge acquisition for many years. I've known head coach Marshall Burt since I moved to Austin in 1990. His knowledge and commitment to understanding and applying the principles of physiology to self-care and training optimization have played a significant role in my development as a clinician, coach, and educator.

His website is <http://www.theetgtrackclub.com> .