

## ***The Ultra-short Race-pace Training International Association***

### **MISSION STATEMENT**

The Ultra-short Race-pace Training International Association is formed with three goals in mind.

1. To function under a structure that will welcome coaches, athletes, parents, and sport administrators from anywhere in the world through the medium of the Internet.
2. To establish a communication network that will provide information about Ultra-short Race-pace Training (USRPT) so that persons interested in USRPT as a sport training structure can receive the latest news about the training method, its application to sport settings, and have questions answered.
3. To foster, stimulate, and support data-based research in USRPT structure, content, and applications so that the method will continue to be refined with the view of making it more effective for improving the performance of athletes.