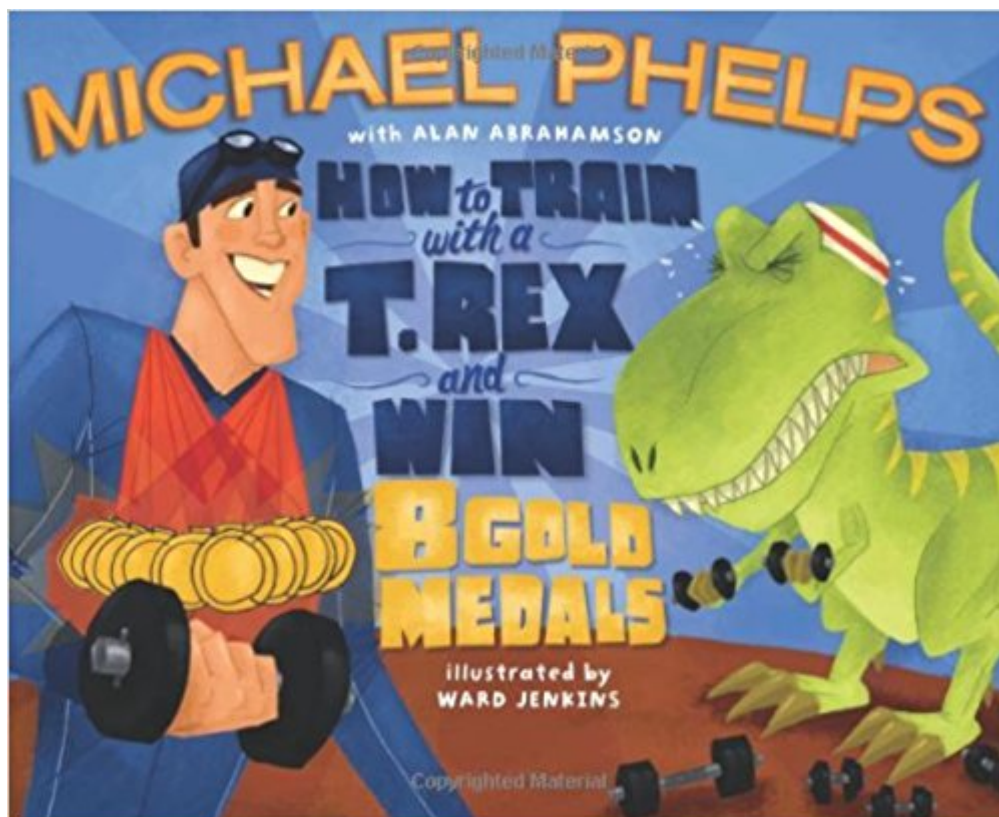


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# How To Train With A T. Rex And Win 8 Gold Medals



## Synopsis

What does it take to win eight gold medals? Napping away three summer vacations? Eating enough broccoli to fill the back of a pickup truck? Swimming the length of the Great Wall of China three times?

## Book Information

Hardcover: 32 pages

Publisher: Simon & Schuster Books for Young Readers; 16093rd edition (June 2, 2009)

Language: English

ISBN-10: 1416986693

ISBN-13: 978-1416986690

Product Dimensions: 11 x 0.4 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 20 customer reviews

Best Sellers Rank: #494,576 in Books (See Top 100 in Books) #32 in [Books > Children's Books > Sports & Outdoors > Olympics](#) #70 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #112 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

Grade 1  
A champion at the 2008 Beijing Olympics explains the training schedule that allowed him to accomplish the first-of-its-kind feat of winning eight Olympic gold medals. Comparisons are made that put miles swum, naps taken, calories eaten, weights lifted, etc., into a context that youngsters might more easily understand. For example, his six years of training (from 1998 to 2003) are described as "a kindergartner's whole life!" or "the same as 42 dog years!" Digitally rendered artwork humorously depicts the action, making the book visually appealing. The author states, "I got so strong from training that my legs could press 300 pounds 60 times in one workout. That's 18,000 pounds total, or nine tons! I could leg-press a Tyrannosaurus Rex and 10 velociraptors!" The illustration shows the smaller dinosaurs piled atop a T. rex on a platform while Phelps lifts them all with a leg-press machine. (However, the picture doesn't explain that he couldn't really lift that amount of weight all at once.) Providing an overview of an Olympian's rigorous preparations, this picture book may be useful for parents or coaches attempting to inspire

children. — Maryann H. Owen, Racine Public Library, WI Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Michael Phelps is an American swimmer. He holds the record for winning the most gold medals (8) in a single Olympics (2008). He has won 16 Olympic medals, 14 gold and two bronze. He holds seven world records and has over 20 World Championship medals. After returning home from Beijing in 2008, Michael used the well-publicized \$1 million dollar Speedo bonus to start the Michael Phelps Foundation through which he hopes to encourage children to lead healthy, active lives, and to continue to grow the sport of swimming. He now resides in Baltimore, MD with his dog Herman. Ward Jenkins is an illustrator and animator from Atlanta, Georgia. He has illustrated several picture books, including Chicks Run Wild, as well as the Good Crooks chapter book series. Ward lives with his wife and two kids and hasn't shaved his beard since 2010. Find him online at @WardOMatic. Alan Abrahamson is an award-winning sportswriter and a recognized authority on the Olympics. In 2006, he left the Los Angeles Times, where he had been a staff writer for 17 years, to write for the NBC suite of online properties, which now includes NBCOlympics.com, NBCSports.com and UniversalSports.com. Since 2003, Alan has also served as a sports and Olympic analyst on NBC's television networks. Among other honors, Alan won the 2002 National Headliner Award for sports writing and was named the Los Angeles Press Club's 2004 sports journalist of the year. Alan and his wife, Laura, and their three children live in Southern California.

After watching my kid go nuts watching the excitement of Michael Phelps at the Olympics, I quickly looked up stuff on that would spark his interest. I found this book which is PERFECT for a 7 year old boy! The story is pretty good and easy to read aloud, and the pictures are entertaining and colorful. It's just long and short enough to be a great bed time read. It's got a motivating story line and will keep young kids interested long enough to make purchasing worth it. All in all, if your child is into Olympic Swimming and/or Michael Phelps, they will surely appreciate this book!

Cute book! My daughter (age 8) says it's her favorite book... most likely because Michael Phelps wrote it. She is quite the fan! She is an avid swimmer and has stretch goals to also become an olympic swimmer one day. My husband thought that the book was very "Me" and "I", a trumpeting your own horn type of book, but it is fine for little ones. Although my 8 year like it I think the book is more suited for a younger child 4-5 years old unless they are very interested in swimming. The

illustrations are appealing and fun.

We love Michael Phelps. Very nice book.

My grandson is Michael Phelps for Halloween and needed a book about MP to go with his costume for school. He LOVES the book!

Product was as described and arrived promptly. Cute story about what it takes to be an Olympian!

Illustrator Ward Jenkins was able to capture Michael Phelps 8 Olympic gold medal swims in a clear and entertaining way while demonstrating how much work it took to achieve that goal. Great for kids interested in swimming or any sport.

Wish Phelps wouldn't have gotten himself in trouble with the media right after this cute book came out. Ward Jenkins is an excellent illustrator. Really makes the book adorable and readable with the fun pictures!

Loved this book, a bit too easy for my 8 yr old. But loved it and the message it sent.

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How to Train with a T. Rex and Win 8 Gold Medals REX STOUT & NERO WOLFE  
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