

Think Long Tailbone



Slight forward lean,
looking straight ahead

Distance Running

Sean Fishpool, Michael Spilling



Distance Running:

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The Science and Practice of Middle and Long Distance Running

Richard Blagrove, Philip Hayes, 2021-03-29 The popularity of distance running as a sport and a recreational activity is at an all time high Motivated by the desire to achieve a personal best remain healthy or simply complete an event distance runners of all ages and abilities actively seek out advice from experienced coaches and sport scientists This is also reflected in the growth of programmes of education for young coaches and aspiring sport scientists in recent years There are a multitude of different approaches to training distance runners however the basic principles and ingredients required for success are applicable to any distance runner The science that underpins the training and physical preparation of distance runners has developed considerably in recent years The most experienced and successful coaches in the distance running community rarely have the opportunity to share their tried and tested methods of training Similarly the novel work of sport scientists is often only accessible to elite runners their support teams and academia The Science and Practice of Middle and Long Distance Running links together the science and coaching artistry associated with preparing distance runners for events ranging from 800 m up to ultra marathon distances It combines the latest scientific evidence published by world leading sport scientists with the sound training principles and strategies adopted by experienced coaches The book translates cutting edge scientific research from the fields of physiology biomechanics psychology and nutrition into practical suggestions for

achieving success Important topical issues and contemporary practices related to health and performance are also addressed This book is an essential addition to the library of any distance runner coach or sport scientist The Biomechanics of Competitive Gait: Sprinting, Hurdling, Distance Running and Race Walking Brian Hanley, Johnny Padulo, Jean Slawinski, 2022-01-06 **New Guide to Distance Running**, 1979 Build Your Running Body Pete Magill, Thomas Schwartz, Melissa Breyer, 2014-07-29 The best running book ever Bob Anderson founder of Runner's World Whether you're a miler or an ultramarathoner if you want a fit fast and injury resistant running body there's a better way to train than relentlessly pursuing mileage This easy to use workout manual draws on the latest research in running physiology to target all the components that go into every stride including muscles connective tissue cardiovascular fitness energy production the nervous system hormones and the brain With the breakthrough whole body training program in Build Your Running Body runners will improve their times run longer and more comfortably and reduce injury With more than 150 workouts from weightlifting and cross training to resistance exercises and plyometrics fine tuned to individual skill levels and performance goals PLUS 393 photos that make it easy to follow every step of every workout 10 training programs to help runners of all levels integrate the total body plan into their daily routines Interviews with leading runners exercise scientists and coaches learn how elite runners train today Race strategy for the crucial weeks leading up to the competition and through to the finish line Exercises to prevent injury and rehabilitate common running ailments Seasoned insight on barefoot running the pros and cons of stretching and other hot button topics Nutrition guidance on carbs proteins fats and weight loss More than 30 recipes to speed recovery and cement fitness gains Beginners guidelines every step of the way Valuable tips on proper apparel tracking your progress and more **Long Distance Running and Training** Alfred A. Shrubbs, 1909 *New Guide to Distance Running* Runner's World, 1983 **Long Distance Running for Beginners** Sean Fishpool, Michael Spilling, 2011-08-15 Provides an introduction to training for long distance running covering such topics as choosing running shoes balancing dietary needs using warm up exercises protecting oneself from injury and running schedules with different levels of difficulty **Track & Field Quarterly Review**, 1994 *Miles and Tribulations* Kevin Lambert, After twenty years of distance running and coaching Kevin Lambert suddenly realized running is just like life and how one handles the miles has a lot to teach one about how to handle life's tribulations These ten personal essays detail those lessons in humorous and insightful detail They cover the range of life's and running's lessons such as 1 How to properly prepare your bowels for long runs spoiler alert you can't 2 Why you need to coach and be coached 3 How to handle life's personal worst days 4 How to finish well or at least with dignity And many more *The Competitive Edge* Richard Elliott, 2008-06 The Competitive Edge explores the psychological factors that influence a distance runner's performance and offers runners strategies and techniques for gaining control of the inner game **The Conditioning of Distance Runners** Thomas J. Osler, 2019-11-23 The trailblazing 1967 training guide for runners with a new foreword by 1968 Boston Marathon champion Amby Burfoot

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