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Running Body A Total Fitness
Plan For All Distance Runners

*Build Your Running
Body A Total
Fitness Plan For
All Distance
Runners From Milers*

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Running Body A Total Fitness
To Ultramarathoners
Run Farther Faster
And Injury Free
Pete Magill

In Running Rewired, America's leading

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endurance sports physical therapist and coach shares a program for runners to become stronger, faster, and more durable. Jay Dicharry distills cutting-edge biomechanical research into 15 workouts any runner can slot into their training program to begin seeing real

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results in about 6 weeks. For better or worse, your body drives your running form. Running Rewired will show you how to shed old injuries, mobility problems, weaknesses and imbalances and rewire your body-brain movement patterns. You'll rebuild your movement

Bookmark File PDF Build Your Running Body A Total Fitness Plan For All Distance Runners and transform your running within one season. Through his work with athletes at REP Lab and top university sports performance clinics, Dicharry has found that strength training alone is inadequate for runners. To develop the four essential movement skills required

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for faster, safer running, runners must practice better movement as they build strength. In Running Rewired, you'll use
• 11 self-tests for joint mobility, posture stability, rotation, and alignment • 83 exercises to fix blocks, move with precision, build strength, and improve

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power • 15 rewire workouts to amplify

*any training plan from 5K to
ultramarathon Dicharry's Running
Rewired combines the best of real-world
coaching and a physical therapy
approach to strength and mobility for
better running. You'll find your personal*

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best running form and become a faster, more durable runner.

Every runner knows that you need more than just sturdy legs to achieve personal best performances and to stay injury-free. To reach your optimal running potential, you need a strong and healthy

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core. Not only will having proper core strength give you toned abs and thighs, but it will also ensure that you maintain good form as your fatigue mounts, and ultimately will decrease your chances of succumbing to devastating injury. In The Runner's Guide to a Healthy Core ,

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*celebrated orthopedic and champion
runner Daniel Frey provides all the
essential knowledge that is needed for
achieving ideal core strength. Key pieces
of information include: A detailed
description of how core functions when
we run Illustrations of key core stretches*

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*Essential core strengthening exercises A
step-by-step guide to correct breathing
while running A catalog of the
best—and worst—foods for maintaining
a runner's core Home remedies to ensure
that soreness doesn't become injury And
dozens more professionally endorsed tips*

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and tactics! Complete with dozens of color photographs and charts, The Runner's Guide to a Healthy Core contains all you'll ever need to gain and sustain a strong and sturdy core strength. It's a must-have for every runner looking to clock faster times and stay healthy

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and injury-free. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about

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your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating,

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and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

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From a two-time Olympic coach and creator of the Pose Method who has trained the running elite, an essential guide for all runners seeking to go faster and farther without injury Christopher McDougall's Born to Run—and the wildly popular natural running trend it

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sparked—changed the way we think about running, but it has also prompted many questions: Have we been running the wrong way? And, have we been running in the wrong kind of shoe? What is the safest type of foot strike? How many types are there? And what is

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a foot strike anyway? No existing guide has clearly addressed these concerns—until now. The Running Revolution provides both beginning and experienced runners with everything they need to know in order to safely and efficiently transition to and master a

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*safer and more biomechanically
efficient way of running that is
guaranteed to improve performance and
minimize wear and tear on the body.*

*More than a one-size-fits-all guide, The
Running Revolution provides readers
with clear instructions, complete with*

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*helpful illustrations, that they can easily
integrate into their unique running
histories in order to run safely,
intelligently, and efficiently for many
years to come.*

*Every day, people are reaching their get-
up-or-give-up moments and resolving to*

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change. And they're realizing that running is the simplest, cheapest, and most effective way to lose weight, gain confidence, and relieve stress. For newcomers, the obstacles are fierce. There are fears of pain and embarrassment. There are schedules jam-

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packed with stressful jobs, long commutes, endless meetings, and sticky-fingered toddlers. The Runner's World Big Book of Running for Beginners provides all the information neophytes need to take their first steps, as well as inspiration for staying motivated. The

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book presents readers with tips for smart nutrition and injury prevention that enable beginning runners to achieve gradual progress (by gearing up for a 30-minute run, a 5-K, or even a 5-miler). Above all, it shows newbies just how fun and rewarding the sport can be,

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*thanks to the help of several "real
runner" testimonials.*

*Revealing the Science of Peak
Performance*

Yoga for Runners

*An Easy & Proven Way to Build Good
Habits & Break Bad Ones*

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*The Everyday Runner's Guide to
Avoiding Injury, Ignoring the Clock, and
Loving the Run*

Run with Power

Quick Strength for Runners

*The Complete Guide to Power Meters
for Running*

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From Milers To
Ultramarathoners Run Farther
Faster And Injury Free Pete
Magill

***Spend two hours with
Pete Magill's Fast 5K and
you'll know how to run
your fastest 5K. In his
fast-paced, ultimate***

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***guide to 5K running
races, celebrated running
coach Pete Magill reveals
the 25 crucial keys to
setting your next 5K PR.
Magill shares hard-
earned lessons he gained***

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***while leading 19 teams to
USA national
championships and
setting multiple American
and world age-group and
masters records. Fast 5K
shares Magill's essential***

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keys to finding your fastest running fitness and race readiness. The 25 keys include optimal training mileage, effective tempo runs, VO2 max workouts, hill

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repeats, plyometrics that work, ways to prevent injuries, recovery tips, guides to diet and racing weight, choosing racing flats, and much more.

Offering three 12-week

Bookmark File PDF Build Your Running Body A Total Fitness Plan For All Distance Runners *and one 16-week 5K training plans, Fast 5K is the key to your best 5K running times. Pete Magill is a world-class 5K runner, personally holds multiple American and*

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***world age-group records
in track & field and road
racing and is a 5-time
USA Masters Cross***

***Country Runner of the
Year. Now in this distilled
guide, you can get world-***

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class advice on how to run your fastest 5K ever. A revolutionary approach to enhancing productivity, creating flow, and vastly increasing your ability to

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***capture, remember, and
benefit from the
unprecedented amount of
information all around us.
For the first time in
history, we have
instantaneous access to***

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the world's knowledge.

***There has never been a
better time to learn, to
contribute, and to
improve ourselves. Yet,
rather than feeling
empowered, we are often***

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left feeling overwhelmed by this constant influx of information. The very knowledge that was supposed to set us free has instead led to the paralyzing stress of

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believing we'll never know or remember enough. Now, this eye-opening and accessible guide shows how you can easily create your own personal system for

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knowledge management, otherwise known as a Second Brain. As a trusted and organized digital repository of your most valued ideas, notes, and creative work synced

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***across all your devices
and platforms, a Second
Brain gives you the
confidence to tackle your
most important projects
and ambitious goals.***

Discover the full potential

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***of your ideas and
translate what you know
into more powerful, more
meaningful
improvements in your
work and life by Building
a Second Brain.***

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***“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-***

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***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***

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***physiology to target all
the components that go
into every
stride—including muscles,
connective tissue,
cardiovascular fitness,
energy production, the***

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nervous system, hormones, and the brain. With the breakthrough whole-body training program in Build Your Running Body, runners will improve their times,

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run longer and more comfortably, and reduce injury. With more than 150 workouts—from weightlifting and cross-training to resistance exercises and

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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

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*programs to help runners
of all levels integrate the
total-body plan into their
daily routines •*

*Interviews with leading
runners, exercise
scientists, and*

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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

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***injury and rehabilitate
common running ailments
• Seasoned insight on
barefoot running, the
pros and cons of
stretching, and other hot-
button topics • Nutrition***

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**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 •**

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***Valuable tips on proper
apparel, tracking your
progress, and more!
Yoga will make you a
better runner. Millions of
runners practice yoga
daily because it cuts***

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injuries and leads to more fluid, enjoyable running. In The Runner's Guide to Yoga, Sage Rountree--America's leading expert on yoga for athletes--shows you

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the poses and practices for stronger, healthier running. Filled with color photographs, clear instruction, and easy-to-follow routines, The Runner's Guide to Yoga

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***offers simple ways to
make yoga a part of your
everyday training, even if
you have never set foot
in a yoga studio. This
practical guide highlights
the routines that ease***

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tightness in the hamstrings and hips, strengthen the core, build strength and flexibility throughout your body, and speed recovery from minor

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injuries. Rountree highlights over 100 key poses modeled by real runners and includes focused routines as well as key pre- and post-race yoga sequences. The

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Runner's Guide to Yoga will complement your running every day, all season long. Discover how yoga can improve your running with Dynamic warm-ups and

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cooldowns for your workouts Poses that target typical trouble spots, such as hips, calves, and hamstrings Self-tests to determine areas of weakness or

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***imbalance Breath and
meditation exercises to
sharpen mental focus
The Run Walk Run®
Method
A Balanced Approach to
Fitness***

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Science of Running
Running the Race to
Revolutionize Women's
Sports
Strength Training for
Runners
Anatomy for Runners

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***The Runner's Guide to a
Healthy Core
Relieve Stress and
Anxiety, Fight
Depression, and Live
Happier***

From the lead author of Build Your

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Running Body (“the best running book ever”—*Runner’s World* founder Bob Anderson), a one-of-a-kind guide for everyone who wants to run but feels they can’t As a drug-addled young man, Pete Magill once found himself in the ER, with his body telling him to give up. Taking up

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running seemed impossible—but he willed himself to do it anyway. Magill went on to become one of the fastest masters runners ever, and a sought-after coach. Over a glowing (albeit hard-won) career, he has heard every excuse people use to stop running or never start—from achy knees and

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sore ankles, to advanced age and arthritis, to too many cigarettes or years on the couch. In every case, Magill's best advice is to do what he did: Run anyway—at a pace and mileage that work. Through inspiration, science, and anecdote, Magill gets runners out the door;

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through personal action plans, he sets them on the right path; and through the best exercises to protect and rehabilitate the body, he keeps them going—showing a way forward for new and sidelined runners who haven't before realized how close they are to fun and pain-free

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running!

It is deeply frustrating to find yourself living in a body that feels like it's falling apart, with a list of aches and pains that grows longer every year. Worse still is realizing how feeling broken is negatively impacting your quality of life. But it

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doesn't have to be that way. No matter your age, no matter where you're starting from, it's never too late to take your body from broken to Unbreakable, and to experience living in a body you love. By showing you how to become the foremost expert in the care of your body - and

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your life - Becoming Unbreakable is a blueprint for change. It breaks down the myths that getting old means feeling bad in your body, and that figuring out your health is too complicated for you to tackle on your own. Becoming Unbreakable starts out as a journey to figuring out the

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aches, injuries and symptoms you've
racked up over the years... and winds
up as an invitation to transform your
experience of living in your body, by
finding the incredible freedom an
Unbreakable Body gives you to fully
live your life.

Yoga for Runners offers dozens of

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specific poses exclusively intended for runners to strengthen their muscles, improve mobility, and reduce the risk of injury. Step-by-step instructions, photos, and 13 sequences make this a practical, easy-to-follow training guide that will produce results.

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Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide

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specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition

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scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all

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From Miles To Ultramarathoners Run Farther Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because

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women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you

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need to be in the healthiest, fittest,

strongest shape of your life.

Becoming Unbreakable Run Farther

The Runner's Guide to Yoga Pete

4 Weeks to Your Fastest Leg Speed

In Any Sport

The Runner's Yoga Book

A Breakthrough Plan to Shed Pounds

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Plan For All Distance Runners
and Start Running (No Experience

Necessary!)

Running Science

The Cool Impossible

Building a Second Brain

***Discover the hard science
that will help you run***

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*faster, endure for longer,
and avoid injury. Analyze
your running style and
learn how to enhance
your gait for optimum
efficiency and safety.
Transform your*

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performance with exercises targeting strength, flexibility, and recovery - each exercise annotated to reveal the muscle mechanics so you know you're getting it

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right. Understand the science behind your body's energy systems and how to train to maximize energy storage and conversion. Follow training and exercise

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***programs tailored to
different abilities and
distances, from 5K to
marathon. Whether you
are new to running or an
experienced runner, this
book will help you achieve***

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your goals and stay injury-free.

"Strength Training For Runners" is a text written by an author that has more than a vested interest in the welfare of

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simple as and is well timed as more and more persons are starting to run for their health. The text can not only be used by the hardcore core well established runners but

Bookmark File PDF Build Your Running Body A Total Fitness Plan For All Distance Runners *can also be used by those From Milers To Ultramarathoners Run Farther Faster And Injury Free Pete Magill* *newbie's who are seeking to be healthy but do not wish to overdo it and harm themselves. The author is aware of the physical and*

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***psychological damage
that an injury can cause
and as such makes every
effort through this text to
prevent any form of injury
from occurring in any
individual. The text is a***

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***great source of reference
for anyone at all that is
into fitness and who opt
to run to achieve that.***

***The information is well
laid out, insightful and
extremely easy to***

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understand. Any class of runner would be happy to have this text as a point of reference in their home.

Running can encompass the absolute extremes of

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***human performance, from
speed to endurance.***

Running Science

***uncovers the fundamental
science that underpins***

this ubiquitous sport,

bringing together the

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study of biomechanics, nutrition, psychology, health and injury prevention, and the technical development of shoes and running surfaces: it's a complete

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Hit the ground running with this easy, total-body training guide. Whether you're a weekend runner looking to get in better shape or a road warrior

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***aiming to tackle your first
marathon, Easy Running
Plans has something for
you. Throughout this
book, you'll learn the
most effective stretching
routines, strength***

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workouts, and technique drills for runners--culminating in seven, easy-to-follow running plans. Whatever your goal may be, these plans will help you get

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there. And with the total-body approach, you'll not only get the most out of your runs but acquire the skills necessary to keep injuries at bay. Easy Running Plans contains

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***the following: Lace
up--Choose the training
schedule that best suits
your needs, whether
you're looking to make
steady gains or have your
sights set on a 5k, 10k,***

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half-marathon, or marathon. Study up--Learn the fundamentals of proper running form, stride, injury-prevention, and recovery. Speed

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***up--Improve your speed,
strength, and endurance
with detailed illustrations
depicting over 40
stretches, exercises, and
drills--all of which can be
performed at home, with***

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little-to-no equipment.

***When you're ready to
elevate your running
game, pick up a copy of
this book and get moving.***

Marathon Woman

Running Is My Therapy

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***A Total-Body Fitness Plan
for All Distance Runners,
from Milers to
Ultramarathoners—Run
Farther, Faster, and
Injury-Free
Slowing Down to Run***

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Faster

From Pain to Personal

Best

To Build a Fire

Unlocking Your Athletic

Potential for Health,

Speed, and Injury

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Prevention

ROAR

Runner's World Complete
Book of Women's Running is
designed specifically to
address the unique
challenges and rewards the

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sport presents to the fastest growing segment of the market—women runners.

More than 10 million women across the country now identify themselves as regular runners. In response

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to the dramatic increase in the number of women in the sport, Dagny Scott Barrios and the experts at Runner's World have created this singular guide, where women will discover how to: □ train

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for any race, from a 5K to a marathon □ eat nutritiously and for maximum energy □ lose weight permanently □ deal with self-consciousness and body image □ run during pregnancy and through

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menopause □ choose the best clothes and accessories □ run anywhere safely □ prevent and treat injuries, especially those that women are most likely to encounter With clear photographs,

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running sidebars, and testimonials from women runners of all ages and abilities, this comprehensive resource provides the most current practical advice available anywhere for

Bookmark File PDF Build Your Running Body A Total Fitness Plan For All Distance Runners women runners of all levels.

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This book summary and analysis is created for individuals who want to extract the essential contents and are too busy to go through the full version.

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This book is not intended to
replace the original book.
Instead, we highly encourage
you to buy the full version.

What is the true nature of
the fabrics of spacetime?
Where does humankind

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From Milers To Ultramarathoners Run Farther Faster And Injury Free Pete Magill belong in the grand scheme of the universe? How exactly is the universe alive within us? Let renowned astrophysicist and acclaimed author Neil deGrasse Tyson guide you through these

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baffling mysteries of the cosmos. In the modern day, so few people spend their time to contemplate the secrets of the universe.

Tyson offers us a closer look at the heavens, with brevity

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anywhere. As you brew your morning coffee or as you wait for your bus ride to work, this book provides just

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more than enough for you to
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be fluent in the complex
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subject of the cosmos. From
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the Big Bang to
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supermassive black holes,
from general relativity to
quantum theory, and from

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the quest for exoplanets to the quest for extraterrestrial life—Astrophysics for People in a Hurry guarantees to fill you in and bring you up to date. Wait no more, take action and get this book

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now!

High school phenomenon Allyson Felix used this strength training system to run the fastest 200 meters in the world in 2003. Based upon physiology and physics,

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it incorporates the most recent studies in running mechanics. This training program will dramatically increase running speed, jumping height and muscle power for all athletes.

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Shed unwanted pounds and keep them off ONCE AND FOR ALL with Run Your Butt Off!, a back-to-basics, test panel-approved weight-loss plan and beginners' running program that yields

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The Run Your Butt Off! program is founded on the simple concept that in order to lose weight, calories burned must exceed calories consumed. No gimmicks, no

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shortcuts, no silver bullets can circumvent that reality. With this program, you'll learn to burn fat from both sides of the weight-loss equation—the calories in and the calories out—at the

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same time. Run Your Butt
Off! will make you fitter,
stronger, and leaner.

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Magill
The coach from Born to Run
shows how to get the most
from your miles - and from
yourself

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How to Beat Your Best Time
From Milers To
Every Time
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Stability, Strength, and
Magill
Speed
Running Free of Injuries
The Best Advice to Get

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Started, Stay Motivated,
From Milers To
Lose Weight, Run Injury-
Ultramarathoners Run Farther
Free, Be Safe, and Train for
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Any Distance
Magill
A Practical Approach to
Building Strength and
Flexibility for Better Running

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Runner's World Run Less,
From Milers To
Run Faster
Ultramarathoners Run Farther
How to Strengthen the
Faster And Injury Free Pete
Engine That Powers Your
Running
Madill

In 1967, Kathrine Switzer was
the first woman to officially run

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what was then the all male
Boston Marathon, infuriating
one of the event's directors who
attempted to violently eject her.
In what would become an iconic
sports image, Switzer escaped
and finished the race. This was

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a watershed moment for the
sport, as well as a significant
event in women's history.

Including updates from the
2008 Summer Olympics, the
paperback edition of Marathon
Woman details the life of an

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incredible, pioneering athlete, and the lasting effect she's had on women's sports. Switzer's energy and drive permeate the pages of this warm, witty memoir as she describes everything from the childhood

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events that inspired her to
succeed to her big win in the
1974 New York City Marathon,
and beyond.

Quick Strength for Runners
offers a smart, fast-paced
strength training program for

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runners who want to run faster and with fewer injuries. In under an hour a week, runners will strengthen their core and key running muscles to build a better runner's body. Strength training is crucial to better

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But it's difficult to know which exercises work best for runners or to get motivated to hit the gym. In Quick Strength for Runners, running coach and personal trainer Jeff Horowitz

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simplifies strength training into just two 20-minute workouts per week, with no gym or pricey equipment required.

Designed specifically for runners, the Quick Strength program pinpoints the exercises

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that really work. Inside you'll find:

- A guide to how strength training leads to better running form and fitness
- 40 targeted exercises, with step-by-step photos and clear instructions
- Progressive workouts and

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advanced form options to increase strength as fitness improves • A focused and efficient 8-week strength training program • Tips on designing your own long-term workout program for a lifetime

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of fitness Quick Strength for
Runners makes it easy for
runners to build a better
runner's body. This highly
effective, easy-to-implement
program will make you a
stronger, faster runner in under

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an hour a week so you can stay
on the road or trail.

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Run the Way You Were Born to
Run Every runner wants a
smooth, light, powerful, and
resilient stride. But there isn't
one ideal form all runners

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should try to emulate. Instead, research and experience show that people can run effectively in a wide variety of patterns with some universal elements.

In lively, accessible prose, author Jonathan Beverly details

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his search for common ground among physical therapists, podiatrists, biomechanics researchers, and coaches, and reveals how individual runners can apply those principles and improve their performance,

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avoid injury, and enhance their enjoyment on the run. With specific, illustrated exercises that show how to counteract tight muscles from excessive sitting, improve limited arm mobility from hunching over

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electronic devices, strengthen
your feet for better balance,
and improve speed by
lengthening your stride,
Runner's World Your Best
Stride is an approachable guide
to human movement and a

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practical tool for improved
running performance.

Running has become more and
more popular in recent years,
with thousands of people
entering marathons, buying
new running shoes with the

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latest technology, and going for
a daily jog, whether on the
track or on a treadmill.

Unfortunately, with running
comes injuries, as a result of
wrong information and
improper training. Author Jay

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Dicharry was tired of getting
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the same treatments from
doctors that didn't heal his joint
and muscle pain from running,
so he decided to combine
different fields of clinical care,
biomechanical analysis, and

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coaching to help you avoid
From Miles To
common injuries and become
Ultramarathoners Run Farther
the best runner you can be.

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Along with clear and thorough
explanations of how running
influences the body, and how
the body influences your

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running, this book answers many of the common questions that athletes have: Do runners need to stretch? What is the best way to run? What causes injuries? Which shoes are best for running? Is running

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barefoot beneficial? The
mobility and stability tests will
assess your form, and the
corrective exercises, along with
step-by-step photos, will
improve your core and overall
performance, so that you can

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train and run with confidence,
From Milers To
knowing how to avoid injuries!
Ultramarathoners Run Farther
How to Optimize Your Natural
Faster And Injury Free Pete
Running Form to Run Easier,
Magill
Farther, and Faster—With
Fewer Injuries
Atomic Habits

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Runner's World Your Best
Stride

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Ultramarathoners Run Farther
Faster And Injury Free Pete
to Live In

Magill
Analyse your Technique,
Prevent Injury, Revolutionize
your Training

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Lose Weight, Get Fit, and Have
Fun
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The Complete Book Of Running
Faster And Injury Free Pete
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The Best Forms of Weight
Training for Runners

The ultimate stretching guide,

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designed to help runners of all abilities run further, avoid injuries and achieve better times. Stretching is an incredibly important aspect of running and yet it is frequently overlooked or poorly executed. This book details and explains all the

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stretches that can ease pain, build strength and enhance running performance. Written by the globally respected physiotherapist, Paul Hobrough, who works with Olympic and World Champion athletes, The Runner's Expert Guide to Stretching

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*will help runners to understand their
bodies, identify weaknesses and
develop a natural defence against
injury. With easy-to-understand
explanations of anatomy and
physiology, and a comprehensive
directory of running stretches, runners*

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of any age or ability will find an ideal range of stretches, clearly organised by body part, as well as a detailed strength and conditioning programme.

With more than 2 million of us running at least once a week in the UK alone, this is the go-to guide for every

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runner.

*Build Your Running Body A Total-
Body Fitness Plan for All Distance
Runners, from Milers to
Ultramarathoners—Run Farther,
Faster, and Injury-Free The
Experiment*

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*The ultimate pain-to-personal-best
guide to running injuries, covering
prevention, detection and
rehabilitation. Runners suffer from
the highest injury rates of all
recreational athletes. Whether you are
a novice or elite-level runner, guide*

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*yourself through a step-by-step process
of avoiding and managing injury and
get yourself safely to the start and
finish lines. Written by a globally
respected physiotherapist who has
worked with Olympic and World
Champion athletes, Running Free of*

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Injuries will help runners to understand their body, identify weaknesses and develop a natural defence against injury. The book covers the most common running injuries that occur to the foot, ankle, lower leg, hip, knee and pelvis and

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includes key exercises applicable to all levels of fitness.

Describes the experiences of a newcomer to the Yukon when he attempts to hike through the snow to reach a mining claim.

Run Fast

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Easy Running Plans

*Total-Body Training for Speed,
Strength, and Endurance*

A Proven Method to Organize Your

*Digital Life and Unlock Your Creative
Potential*

The Runner's World Big Book of

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Running for Beginners
25 Crucial Keys and 4 Training Plans
Runner's World Complete Book of
Women's Running
Run Your Butt Off!

Achieve a personal best at
any distance Are you looking

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for better race times, whether you run 5Ks or marathons? Searching for that ultimate, exhilarating moment when you're running faster than ever before? Or do you just want to have more fun when you run? You

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can run faster, and this book will show you how. Run Fast is a comprehensive guide for runners of all abilities to improve your speed and achieve a personal best at any distance. Hal Higdon is one of the most

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experienced and trusted experts in running, and this classic volume is completely revised and updated with new workouts, race distances, and advice for runners of every level. Run Fast spells out a complete program to

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help you increase your speed, build your endurance, improve your times, and motivate yourself to achieve your running goals. New training plans for novice runners make getting started easy. More experienced

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runners will discover refreshing workouts that both improve their speed and make training fun. And, if you've taken an exercise break, you'll see how to get back in shape while staying injury free. Packed with

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stories and tips from coaches, record-holders, and average runners alike, Run Fast is brimming with inspiration. Experience the thrill of better race times, the satisfaction of running strong, and the sheer joy

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that comes from running faster than ever before.

In SpeedRunner, celebrated running coach Pete Magill reveals his 4-week training plan to make any athlete into a faster runner—no matter the sport, age,

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gender, experience, or goals. In every sport that includes running, the difference between the best and the rest is tenths of a second. In most team sports like football, soccer, basketball, baseball and in

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distance running and triathlon—simple leg speed makes champions. By targeting the neuromuscular system and strengthening muscle and connective tissue, Magill's SpeedRunner program builds speed,

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strength, agility, coordination, balance, proprioception, and explosive power so athletes can excel. Magill developed his SpeedRunner program over decades of experience coaching athletes of all

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ages from short sprints to the marathon. He's led his club to two dozen US National Masters Championships in road running and cross country. As a 5-time USA Masters Cross Country Runner of the

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Year and multiple American and world age-group record holder himself, Magill is proof that his training methods are effective. Over the four weeks of the SpeedRunner program, you'll focus on faster

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acceleration, top-end speed, strength, agility, and speed endurance. Magill also offers speed-only training and supplemental sessions to further hone your top-end speed, core musculature, and whole-body strength. The

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SpeedRunner plans balance training volume and intensity with recovery to ensure rapid, injury-free gains. Bottom line: The ability to run well is a fundamental skill required for success in any sport

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SpeedRunner can transform your running performance.

A trainer and former triathlete shows you how to achieve the results you want with a new multidisciplinary approach Why does trying

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harder sometimes become an exercise in futility? Why does following "expert advice" often lead to little or no improvement? What if there were an efficient way of learning that could be applied to every area of

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*human experience? Drawing
from the principles of
Bagua, Taichi, and
Feldenkrais, Edward Yu
presents an innovative
approach to running: power,
speed, and agility are more
related to your ability to*

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sense your own body than to willpower or raw talent.

Centering the art of running as an explorative, creative, and somatic-based practice, Yu shows us how to run faster by learning to become more sensible--that is, more

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*sense-able--through the
playful and systematic
exploration of movement.
Jeff's quest for the injury-
free marathon training
program led him to develop
group training programs in
1978, and to author Runner's*

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World articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN™, low mileage,

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three-day suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His

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innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to

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*bring more people into the
positive world of exercise.*

Build Your Running Body

*8 Weeks to a Better Runner's
Body*

*The Runner's Expert Guide to
Stretching*

Underground Secrets to

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Faster Running
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Running Rewired

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Faster And Injury Free Pete

Magnin
Fitness to Your Unique

Female Physiology for

Optimum Performance, Great

Health, and a Strong, Lean

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Body for Life

Run to the Finish

***RUN WITH POWER is the Farther
groundbreaking guide you need to
tap the true potential of your
running power meter. From 5K to
ultramarathon, a power meter can
make you faster—but only if you***

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know how to use it. Just viewing your numbers is not enough; you can only become a faster, stronger, more efficient runner when you know what your key numbers mean for your workouts, races, and your season-long training. In Run with Power, TrainingBible coach Jim

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***Vance offers the comprehensive
guide you need to find the speed
you want. Run with Power
demystifies the data and vocabulary
so you can find and understand
your most important numbers.
You'll set your Running Power
Zones so you can begin training***

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using 8 power-based training plans for 5K, 10K, half-marathon, and marathon. Vance shows you how you can compare wattage, heart rate, pace, and perceived exertion to gain the maximum insight into your performances, how you respond to training, and how you

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can train more effectively. Run with Power will revolutionize how you train and race. Armed with Vance's guidance, you can train more specifically for races, smooth your running technique, accurately measure your fitness, predict a fitness plateau, monitor injuries,

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***know exactly how hard you're
training, get more fitness from
every workout, recover fully, perfect
your tapers, warm up without
wasting energy, pace your race on
any terrain, know when to open the
throttle, and create an
unprecedented picture of yourself***

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as an athlete. If you're just glancing at the number on your wrist or computer monitor, you've got a lot more speed potential. Knowledge is power and understanding your power numbers can open the gate to new methods and new PRs. Run with Power introduces the use of

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*power meters to the sport of
running and will show you how to
break through to all-new levels of
performance. Key concepts
explored in Run with Power: 3/9
Test, 30-minute Time Trial Test,
Running Functional Threshold
Power (rFTPw), Running Functional*

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Threshold Pace (rFTP_a), Averaged and Normalized Power (NP), Intensity Factor (IF), Peak Power, Variability Index, Efficiency Index (EI), speed per watt, Vance's Power Zones for Running, Training Stress Score (TSS), and Periodization with Power. Includes 6 testing methods

Bookmark File PDF Build Your Running Body A Total Fitness Plan For All Distance Runners and 8 power-based training schedules and workouts for 5K, 10K, half-marathon, and marathon. The Furman Institute of Running and Scientific Training (known as FIRST) is dedicated to make running more accessible and limit overtraining and burnout while

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producing faster race times. **FIRST**

is one of the foremost experts in the world on the science of running; its authority is unmatched and the promise of training less and accomplishing more has made the first two editions of Run Less, Run Faster a solid and steady seller.

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***With 50 percent updated content,
this new edition of Runner's World
Run Less, Run Faster by Bill Pierce,
Scott Murr, and Ray Moss
continues to promise the same
tantalizing results: Readers can get
stronger, faster, and better by
training less. It will also include***

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more sections for novice runners, broadening the audience appeal, as well as training plans tailored to the new qualifying times for the Boston Marathon. The quality-over-quantity approach optimizes training time and yields better performance—results runners will

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love no matter what distance they

are racing.

*A lifelong runner's groundbreaking
guide to fighting depression and
anxiety, one run at a time Everyone
knows that running builds stronger
muscles and a healthier heart. In
Running Is My Therapy, longtime*

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***runner Scott Douglas shows how
endurance running is also the best
form of exercise to develop a
healthier brain. A natural
antidepressant, running reinforces
the benefits of therapy and triggers
lasting, positive physiological
changes. In fact, some doctors now***

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“prescribe” a running regimen as part of their first-line treatment plan for depression. Marshaling expert advice and a growing body of research, Douglas explains how we can all use running to improve mental health—and live happier. More women than ever are

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discovering the unique benefits of running -- for stress relief, weight management, endurance, and self-esteem. Women's bodies are not the same as men's, and though we can train just as hard and with the same passion for excellence, we have certain special concerns. Finally,

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there is a comprehensive guide exclusively for women who experience the pure joy of running, or want to. It's the simplest, fastest, most accessible way to fitness and good health known to woman. You don't need a partner, equipment, or even much

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time. Now, Claire Kowalchik, former managing editor of Runner's World magazine, answers every question about the overwhelmingly popular activity that builds endurance, melts fat, and even prevents illness. In this total running book for women, you'll learn: How to get

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*started and stay motivated What to
eat for optimal nutrition How to run
during pregnancy and after
menopause Why running is the
most effective form of exercise How
to prevent and treat injury What to
wear -- from sports bras to running
shoes How to prepare for*

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everything from a 5K to a marathon. Authoritative and friendly, The Complete Book of Running for Women is a sourcebook for both beginners and long-time runners. Along with wisdom drawn from the author's personal experience, you'll find advice from the experts:

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coaches, exercise physiologists, nutritionists, doctors, and other women runners. Including question-and-answer sections and a complete list of resources, The Complete Book of Running for Women tells you everything you need to know to be off and running

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toward better health and richer

living.

Fast 5K Marathoners Run Farther

The Born Again Runner Free Pete

*A Guide to Overcoming Excuses,
Injuries, and Other Obstacles—for
New and Returning Runners*

The Running Revolution

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***Become a Faster, Stronger Runner
with the Revolutionary 3-Run-a-
Week Training Program
How to Run Faster, Farther, and
Injury-Free--for Life
SpeedRunner
A Sense-able Approach to
Movement***

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Eric Orton has spent a
lifetime learning about
running and the limitless
possibilities of the human
body and mind, and now he
is ready to share his
knowledge in a book that will

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open up a new world of achievement for runners everywhere. For Orton, this is a chance to instruct and inspire. For the running reader, it is a chance to make amazing new strides.

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The Cool Impossible is intended for runners and aspiring runners of all levels of ability and experience, from those contemplating their first steps, to seasoned marathoners seeking to

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unlock the full range of their capabilities. Starting from the feet up, Eric guides the reader through his technique for building the perfect running body. With characteristic enthusiasm

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and directness, Orton will draw on the inspiration of the Tarahumara Indian runners and take the reader through his devoted training programme, complete with advice on nutrition and real-

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From Milers To

world applications, as well as
Orton's concept of The Cool
Impossible, the belief that
'the greatest reward from
running is the opportunity to
do more', not just in running
but in life in general.

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The Runner's Yoga Book is an ideal companion for the weekend or professional athlete, for the reader who wants to stretch and relax, and for the developing yoga student who wants to

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routines for other sports
(including bicycling, skiing,
swimming, tennis, and
walking), a resource guide
for further study, and a yoga-
poses-by-alphabetical-listing
index. With over 400

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photographs and illustrations showing students at various levels of expertise, The Runner's Yoga Book is a complete guide for yoga students of all ages and most levels of fitness.

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Inspiration and practical tips
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Ultramarathoners Run Farther
Faster And Injury Free Pete
Magill
for runners who prioritize
enjoyment over pace and
embrace their place as an
"average" runner In her first
book, popular runner blogger
Amanda Brooks lays out the

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path to finding greater fulfillment in running for those who consider themselves "middle of the pack runners" -- they're not trying to win Boston (or even qualify for Boston); they just

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want to get strong and stay injury-free so they can continue to enjoy running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout,

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at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical

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advice like understanding
the discomfort vs. pain, the
mental side of running, and
movements to treat the most
common injuries with more
playful elements such as
"Favorite hilarious marathon

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signs" and "Weird Thoughts We all Have at the Start Line," Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

The #1 New York Times

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bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James

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Clear, one of the world's
leading experts on habit
formation, reveals practical
strategies that will teach you
exactly how to form good
habits, break bad ones, and
master the tiny behaviors

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that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again

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not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a

Bookmark File PDF Build Your Running Body A Total Fitness Plan For All Distance Runners proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the

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most proven ideas from
biology, psychology, and
neuroscience to create an
easy-to-understand guide for
making good habits
inevitable and bad habits
impossible. Along the way,

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readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used

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the science of small habits to
master their craft and vault
to the top of their field.

Learn how to: • make time
for new habits (even when
life gets crazy); • overcome
a lack of motivation and

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willpower; • design your
environment to make
success easier; • get back on
track when you fall off
course; ...and much more.

Atomic Habits will reshape
the way you think about

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progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an

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organization hoping to
redefine an industry, or
simply an individual who
wishes to quit smoking, lose
weight, reduce stress, or
achieve any other goal.

Based on the Book by Neil

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deGrasse Tyson
From Milers To
Prevent Injury, Build
Ultramarathoners Run Farther
Strength and Enhance
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Performance
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