

SECOND EDITION

Better Training for Distance Runners



Forewords by Sebastian Coe and Anne Marie Lauck

David E. Martin, PhD • **Peter N. Coe**

Better Training For Distance Runners 2nd Edition

Owen Anderson



Better Training For Distance Runners 2nd Edition:

Better Training for Distance Runners David E. Martin, Peter N. Coe, 1997 Better Training for Distance Runners makes available to athletes and coaches the same training and racing programs that have produced many national championship Olympic medal and world record performances 180 illustrations **Science of Flexibility** Michael J. Alter, 2004 Based on the latest research this revised updated edition includes detailed illustrations throughout an expanded section of scholarly professional references **Developing Endurance** NSCA -National Strength & Conditioning Association, Ben Reuter, 2012-02-29 Runners cyclists swimmers rowers triathletes and ultradistance athletes must sustain performance at a high level to come out on top Developing Endurance shows how to achieve optimal stamina to race your best through science based aerobic anaerobic and resistance training Written by 11 top experts in the National Strength and Conditioning Association the top sport conditioning organization in the world this guide provides both the background information and the exercises drills workouts and programs for ultimate results Athletes and coaches will appreciate the assessment tools analyses and instruction to define specific needs and establish effective training goals Armed with these tools and information you can create the ideal personalized training program for your sport and avoid lengthy plateaus while taking performance to the highest level Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam **San Francisco Running Guide** Bob Cooper, 1998 With nearly a million acres of beautiful parklands countless breathtaking mountain and canyon trails spectacular cityscapes around every corner and hundreds of miles of gorgeous coastline the toughest part of running in San Francisco may be deciding on a route to explore first San Francisco Running Guide was written to help make the difficult decision of where to run in the Bay Area an easy one The book introduces local and visiting runners alike to 35 of the best running routes plus it gives complete course information about the top 10 races from 5Ks to marathons held annually in the Bay Area For each running route included the book provides an explanation of why it was selected a detailed map showing roads and trails to follow on the route an icon key that shows route distance scenery terrain hill ratings and available facilities access information that tells how to get to the starting point course information that describes every step of the run and Foot Notes that provide additional information to make the run more enjoyable Author Bob Cooper a former Running Times executive editor a competitive runner and a longtime Bay Area resident scouted each route himself so runners don't have to waste their own time exploring unsuitable or less than enjoyable routes Visitors running the routes will get to experience the unique beauty of San Francisco and the Bay Area firsthand while resident runners will discover routes they never knew existed **Coaching Cross Country Successfully** Joe Newton, Joe Henderson, 1998 Presents techniques and programs for cross country runners at all levels **Advanced Marathonning** Pete Pfitzinger, Scott Douglas, 2008-12-19 Shave minutes off your time using the latest in science based training for serious

runners Advanced Marathonning has all the information you need to train smarter remain injury free and arrive on the start line ready to run the marathon of your life Including marathon pace runs and tempo runs Advanced Marathonning provides only the most effective methods of training You ll learn how to complement your running workouts with strength core flexibility and form training implement cutting edge nutrition and hydration strategies and recovery techniques and taper properly to reach peak performance With easy to understand day by day training schedules for 18 and 12 week preparation for weekly distances of 55 55 to 70 70 to 85 and 85 plus miles Advanced Marathonning is simply the most comprehensive and efficient approach to marathonning If you re ready to achieve your personal best this book is for you **Running Science** Owen Anderson, 2013-07-05 More than 50 years ago New Zealand s Arthur Lydiard started using terms like base training periodization and peaking His U S counterpart Bill Bowerman brought Lydiard s term for what until then had been called roadwork or jogging to the States Soon after the 1970s running boom started spurred by exercise advocating research from the growing fields of exercise science and sports medicine and from enthusiasts such as Jim Fixx author of The Complete Book of Running One of Bowerman s former runners at the University of Oregon Phil Knight saw to it that those millions of new runners had swoosh adorning footwear designed specifically for their sport The pace of knowledge enhancement and innovation has in fact been so brisk through the years that even highly informed runners could be excused for not keeping up but no longer Running Science is a one of a kind resource An easily comprehended repository of running research A wealth of insights distilled from great sport and exercise scientists coaches and runners A do it right reference for a host of techniques and tactics An array of the most credible and widely used training principles and programs Perhaps most of all a celebration of the latest science based know how of running now truly the world s most popular sport Running Research News and Training Update editor Owen Anderson presents this comprehensive work in a compelling way for runners A PhD and coach himself Anderson has both a great enthusiasm for sharing what scientific studies offer the running community and a keen sense of what s really important for today s informed runners to know **American Book Publishing Record** ,2004 *Cumulative Book Index* ,1998 A world list of books in the English language **The Best Books for Academic Libraries: Social sciences** ,2002 Books recommended for undergraduate and college libraries listed by Library of Congress Classification Numbers *Subject Guide to Books in Print* ,1996 **The Library Journal** ,1997 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *An Athletics Compendium* ,2001 The genesis for this book was a 1969 compilation in which Peter Lovesey and Tom McNab described all books on track and field to date Both authors have had a lifetime interest and involvement in athletics and the present work builds on that knowledge and expertise to give the reader a definitive guide to the UK literature of track and field This super bibliography includes an extensive introductory overview of the literature by Tom McNab as well as annotations contributed by all three compilers The compendium covers the history

theory and practice and personalities of athletics as well as special chapters on athletics in literature and the visual arts

The Publishers Weekly ,1997 *The New York Road Runners Club Complete Book of Running and Fitness* Fred Lebow,Gloria Averbuch,New York Road Runners Club,1998 This the complete guide to running for everyone from the casual jogger to the ultra marathoner The latest on training nutrition and motivation is included here with race calendars 26 week training programs and lists of contact names **Library Journal** ,1997 The British National Bibliography Arthur James Wells,2002 Improving Sports Performance in Middle and Long-Distance Running Joanne Fallowfield,David M. Wilkinson,1999-10-25 This text addresses the physiological demands of middle and long distance running and presents the reader with research on running physiology It explores the limitations to running performance and the methods used to monitor it **Successful Coaching** Rainer Martens,1997 Includes chapters by Brian J Sharkey on Principles of training Fitness for sport Developing your training program and Nutrition for athletes *California Occident* ,1891

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