



Run Easy

HowExpert,Jenni Jacobsen



Run Easy:

Run Tall Run Easy Gerard Pearlberg, 2016-08-29 For runners of all ages and levels of experience *Run Tall Run Easy* The Ultimate Guide to Better Running Mechanics will have you running faster better and with fewer injuries Using his many years of expertise training athletes Coach GP breaks down the running form from a bio mechanical perspective providing invaluable tips on proper technique enhanced strength training and nutrition for better endurance With over 79 photographs you can follow along and practice as you read In an easy informative and engaging manner Coach GP will take your running to a much higher level whether you are a high school athlete preparing for your first marathon running to keep in shape or a veteran marathoner looking for improved form and less time with your physiotherapists

Running for Women 101

HowExpert, Jenni Jacobsen, 2018-03-06 *Running for Women 101* is a complete handbook for women who run It provides an overview of the unique aspects of women's running and contains research backed training advice for races of all distances This how to guide will teach women how to reach all of their running goals and it touches on the following topics The History of Women's Involvement in Running Challenges and Benefits of Running for Women Training for a 5K by Building Speed and Endurance Increasing Distance to Run a 10K Mastering the Half Marathon Committing to Training for a Full Marathon Optimizing Performance with Nutrition Sleep and Weight Training Running Amidst Life's Challenges Intermediate level female runners who have been consistently running at least three days per week will find this book to be useful in their training It includes specific training advice for 5k 10k half marathon and marathon races and provides concrete examples of workouts that are beneficial for women who are training for races of each distance The book also contains support from groundbreaking scientific studies that have proven the effectiveness of various training methods so you can be sure the recommendations in this book are based on sound evidence About the Expert Jennifer Jacobsen is a wife and mother living in a small town in Northcentral Ohio and she also happens to be a runner She works fulltime for a public school but maintains a strong interest in running and physical fitness She competes in local races throughout Ohio and while she will run just about any distance she specializes in the half marathon Jennifer has won dozens of awards for being the top female finisher in local races and she manages to keep up with her training while also balancing the demands of being a wife mother and

professional She has a passion for health and enjoys sharing her knowledge to help other women live up to their potential HowExpert publishes quick how to guides on all topics from A to Z by everyday experts

Run Like a Pro (Even If You're Slow)

Matt Fitzgerald, Ben Rosario, 2022-03-01 Cutting edge advice on how to achieve your personal best for everyone from casual runners to ultramarathoners In *80/20 Running* respected running and fitness expert Matt Fitzgerald introduced his revolutionary training program and explained why doing 80 percent of runs at a lower intensity and just 20 percent at a higher intensity is the best way for runners at all levels as well as cyclists triathletes and even weight loss seekers to improve their performance Now in this eye opening follow up Fitzgerald teams with Olympic coach Ben Rosario to expand and update

the 80 20 program to include ultramarathon training and such popular developments as the use of power meters New research has bolstered the case that the 80 20 method is in fact that most effective way to train for distance running and other endurance sports Run Like a Pro Even If You re Slow shows readers how to take the best practices in elite running and adopt them within the limits of their own ability lifestyle and budget **Running Times** ,2007-07 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview *Faster Road Racing* Pete Pfitzinger,Philip Latter,2014-11-24 Set PRs in the most popular race distances Renowned running authority coach and best selling author Pete Pfitzinger teams with Philip Latter senior writer for Running Times in this must have training guide for the most popular race distances including the 5K 10K and half marathon *Faster Road Racing 5K to Half Marathon* presents easy to follow programs proven to give you an edge in your next race You ll discover detailed plans for race specific distances as well as expert advice on balancing training and recovery cross training nutrition tapering and training over age 40 And for serious runners who compete in numerous races throughout the year Pfitzinger s multi race multi distance training plans are invaluable *Faster Road Racing* is your all inclusive resource on running your fastest at distances of 5K 8K to 10K 15K to 10 miles and the half marathon **Run Strong** Kevin M. Beck,2005-04-01 Run faster and longer with less effort than ever before Putting in the miles is only one part of the training equation You can become a much stronger overall runner by improving leg turnover efficiency body alignment muscle balance and running specific muscle strength and by finding your most effective range of motion Expert coaches and runners show you how to assess what you need and implement these training methods into your current program And if you re returning from injury you can bounce back stronger and faster than ever before Make your base miles pay off by improving your efficiency and economy With *Run Strong* you ll maximize your current fitness level and see results at the very next race [The Complete Idiot's Guide to Running](#) Bill Rodgers,Scott Douglas,2003 Offers motivation to begin running plus warm up exercises and tips for building stamina avoiding injury and choosing the right shoes and clothing *Run Strong, Stay Hungry* Jonathan Beverly,2025-11-04 In *Run Strong Stay Hungry* running journalist Jonathan Beverly reveals the secrets of veteran racers who are still racing fast and loving the sport decades after they got their start Beverly collects the habits and mindsets of more than 50 runners including Bill Rodgers Joan Benoit Samuelson Deena Kastor Benji Durden Colleen De Reuck Dave Dunham Kathrine Switzer and Roger Robinson *Run Strong Stay Hungry* shares 9 keys from these veteran racers that let them keep running strong and staying hungry for competition In *Run Strong Stay Hungry* running journalist Jonathan Beverly reveals the secrets of veteran racers who are still racing fast and loving the sport decades after they got their start Beverly collects the habits and mindsets of more than 50 runners including Bill Rodgers Joan Benoit Samuelson Deena Kastor Benji Durden Colleen De Reuck Dave Dunham Kathrine Switzer and Roger Robinson *Run Strong Stay Hungry* shares 9 keys from these veteran racers that let them keep

running strong and staying hungry for competition Are they biomechanically gifted Stubborn Simply lucky to have avoided injury Turns out there s a lot more to it In his comprehensive research Beverly discovers that these runners all share specific perspectives and habits that allow them to adapt to changing life circumstances accept declining abilities and rebound from setbacks These keys not only keep them on their feet but also allow them to continue to draw the same enjoyment from the sport whether they are winning championships or finishing in the middle of the pack cranking out 100 mile weeks and doing blazing speed work on the track or squeezing in just enough miles into a busy schedule to simply feel fit and fast and occasionally test that fitness in a race Beverly interviews over 50 runners including Bill Rodgers Joan Benoit Samuelson Deena Kastor Benji Durden Colleen De Reuck Dave Dunham Kathrine Switzer and Roger Robinson From training methods to mental attitudes to finding community among their fellow runners there are specific keys that help these masters runners to adapt accept and rebound from the hurdles that life and aging put in their path By adopting the practices of these lifetime competitors you too can enjoy a lifelong healthy running career as well as boost your enjoyment of running and your racing performance

Triathlon: Start to Finish Paul Huddle,Roch Frey,2016-05-23 Okay you ve finished your first short distance triathlon maybe even an Olympic distance or half distance triathlon Now it s time to up the ante and go further and faster Paul Huddle and Roch Frey are up to the challenge Longer workouts balancing work family and training adding speed work recovery and the mental game are all essential when you decide to move up to the long distance triathlon No one has more training or racing experience than Roch and Paul They will get you to your target race healthy happy and ready for more Guaranteed The 24 week training program is laid out in four six week increments This represents the day by day week by week work to be done in preparing for a successful long distance triathlon

80/20 Running Matt Fitzgerald,2014-09-02 TRAIN EASIER TO RUN FASTER This revolutionary training method has been embraced by elite runners with extraordinary results and now you can do it too Respected running and fitness expert Matt Fitzgerald explains how the 80 20 running program in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity is the best change runners of all abilities can make to improve their performance With a thorough examination of the science and research behind this training method 80 20 Running is a hands on guide for runners of all levels with training programs for 5K 10K half marathon and marathon distances In 80 20 Running you ll discover how to transform your workouts to avoid burnout Runs will become more pleasant and less draining You ll carry less fatigue from one run to the next Your performance will improve in the few high intensity runs Your fitness levels will reach new heights 80 20 Running promotes a message that all runners as well as cyclists triathletes and even weight loss seekers can embrace Get better results by making the majority of your workouts easier

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