



Running Long Distances

**James Henry Peters, Jim Peters, Johnny
Johnston, Joseph Edmundson**

Running Long Distances:

My Long-Distance Running Journey: 101 Long-Distance Running Tips to Pave the Way Michael D'Aulerio, 2019-08-10 Are you looking for a quick and easy method to become a long distance runner Do you want to be able to complete a 5k 10k half marathon full marathon and 50k ultramarathon Do you want to significantly increase your endurance and improve your health Whether you are a novice runner looking to finish your first 5k and half marathon or an experienced runner preparing to run a marathon or ultramarathon *My Long Distance Running Journey 101 Long Distance Running Tips To Pave The Way* is a book that will guide you across any finish line Inside these pages you will receive 101 long distance running tips to jump start your journey including Getting Started the essentials for any beginner Mindset build mental strength for longer mileage Training expert advice and beginner running schedules Technique run farther with less effort while avoiding injuries Nutrition fueling strategies for before during and after every run Gear the right gear for better performance and safety Racing the know how for crossing the finish line Injury prevent and treat the most common running injuries Mindfulness transcend limitations to run longer In running you will have bad days and good days slow runs and fast runs hard race and easy races but you will only have ONE journey your journey This book will help you map it out and pave the way You will soon realize that becoming a long distance runner isn't as difficult as you thought and it doesn't take long to quickly improve In fact there are simpler and shorter paths to running longer mileage and all you need is this one book and the decision the decision to make it happen *My Long Distance Running Journey* encourages you to begin running longer distances right now So lace up your shoes and start your journey to becoming a better more enduring long distance runner today [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 Long Distance Runner's Guide to Injury Prevention and Treatment Brian J. Krabak, Grant S. Lipman, Brandee L. Waite, 2017-10-03 For any runner who loves hitting the pavement and conquering half full and ultra marathons getting injured is a terrifying and often heartbreaking setback Yet almost three quarters of long distance runners will suffer from a serious injury several times in their athletic career Although it may be impossible to completely avoid injury The Long Distance Runner s Guide to Injury Prevention and Treatment is a vital source to help those who love to run understand some of the most common causes of injuries and learn how to best avoid and treat athletic ailments In this book expert editors and long time runners Brian Krabak and Grant Lipman combine valuable insights tips and tactics from over a dozen medical professionals who specialize in treating endurance athletes With chapters on important and diverse topics such as proper nutrition muscular ailments skeletal injuries medical illnesses caused by racing and proper recovery The Long Distance Runner s Guide to Injury Prevention and Treatment is a must have on the shelf of every harrier

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

Modern Middle- and Long-distance Running James Henry Peters, Jim Peters, Johnny Johnston, Joseph Edmundson, 1957

Running Long Distances Bill R. Daugherty, 2005-06 Items of Concern that Bill Daugherty in his book Running Long Distances Ho Ho Ho Let s Go Go Go that he believes will aid you towards running safely as improve your health in long distances are as follows Keep in mind one of the best ways of learning about long distance running is to listen and read into what an experienced long distance runner and or coach has to offer you by invitation in doing You ll have a challenge to qualify yourself by taking for yourself alone Bill s Quick Analyzation For YOU There s a uniquely new concept formula are YOU ready to see and adopt it You ll be requested to make yourself some little non expensive or elaborate charts and record keeping systems You ll need to know how to properly BREATHE On the same token you ll need knowing some related legs and footwork techniques You ll need to accept some key clues clues for your running inclines and declines effectively What importance is there to Bill s technique relating particular kinds of STRIDES to use Stop using your style of moving your arms and hands Learn how best to effectively move your hands and arms while running especially when you re thinking of long distance running Learn of the following crucial notions as ideas for you to change yourself in becoming a long distance runner A Strategies B Pre Race knowledge e Race Strategies D Enjoying reading and comprehending it this book s Conclusion and E the taking of a brief moment to better know about this author Bill Daugherty

The Lure of Long Distances Robin Harvie, 2011-04-26 Robin Harvie was a fairly ordinary runner He ran his first marathon after a bet Then he found that although he couldn t run fast he

could run long distances very long A casual hobby turned into a 120 miles a week obsession and a training route along the River Thames morphed into a promise to himself that he would tackle the oldest and toughest footrace on earth the Spartathlon from Athens to Sparta This race a recreation of Pheidippides s legendary journey is 150 miles long crosses two mountain ranges and is the toughest race on the ultradistance runner s calendar It isn t at all ordinary Harvie s experience from the mundanity of daily training routes to the extreme tests of the desert s scorching heat and the darkest hours of the night reveals the profoundly intoxicating experience of running and the ways in which every mile taken is both a step further into the unknown and a pace deeper into the self

Running Long Distances Bill R. Daugherty, *The Science and Practice of Middle and Long Distance Running Training* Richard C. Blagrove, Philip R. Hayes, 2021 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 reflected in the growth in the provision 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 sports 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

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

Running Long Distances Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Running Long Distances**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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