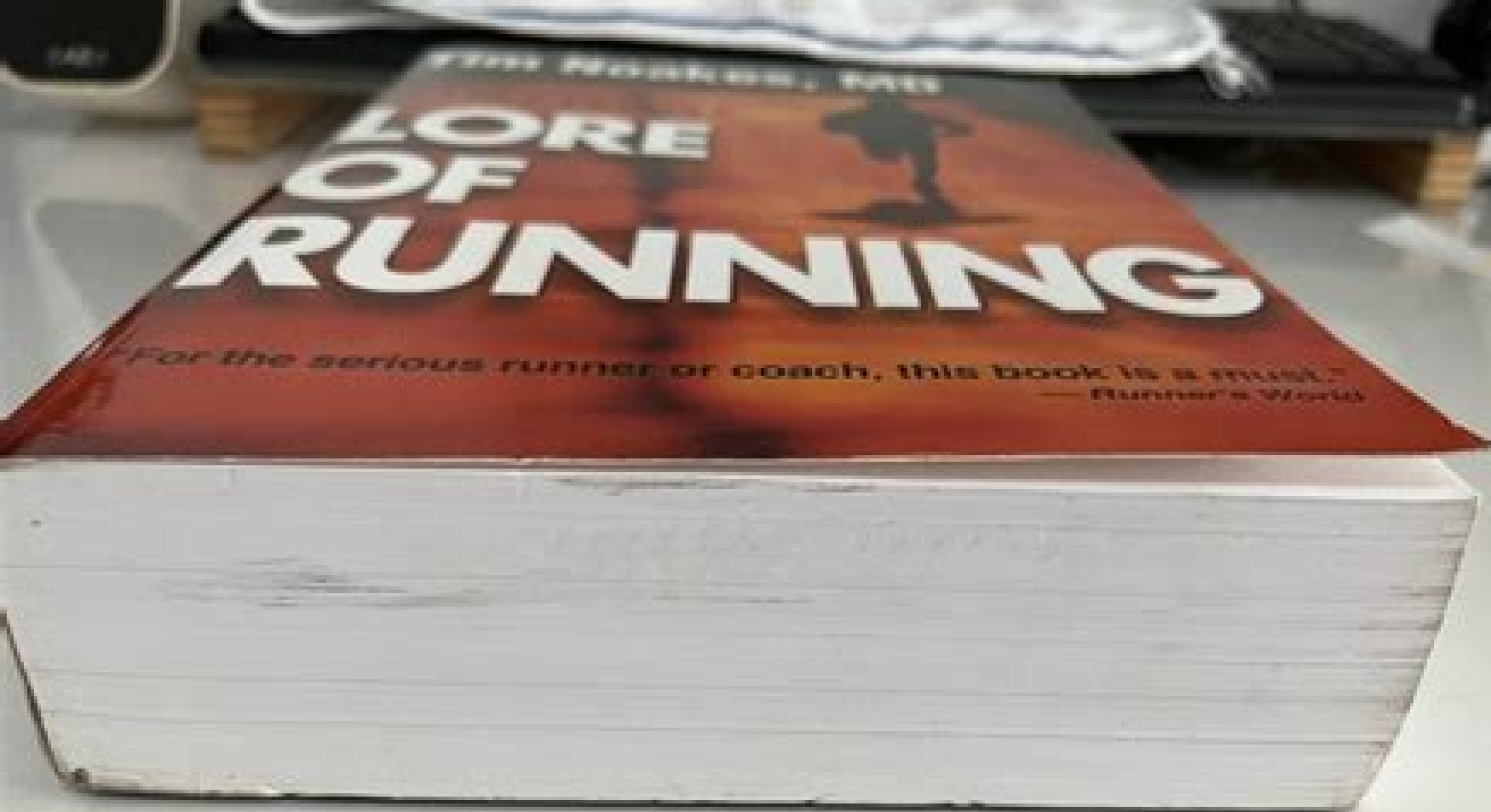




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The Runner's Guide to the Meaning of Life Amby Burfoot, 2000-04-22 After 35 years of running champion marathoner Amby Burfoot shares the wisdom and insights he has gained along the way in this first book of a new series of Daybreak books that find the spiritual message in seemingly ordinary activities

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The Secret of Running Hans van Dijk, Ron van Megen, 2017-05-01 How much power does your human engine have How much power do you need for running in different conditions How can you optimize your training and racing performance How can you use power meters to improve your results What are the ultimate limits of human performance *The Secret of Running* answers all of these questions All factors determining the performance in running from 800 meter race to marathon are explained step by step training nutrition body weight running form wind hills temperature running gear power meters and much more Written in a crystal clear and lively style this book is a wealth of information for every ambitious runner This title also contains brand new insights on how the balance of the power of your human engine and the power requirement for running in different conditions determines your performance It shows how power meters can be used to optimize your training running economy and race result This book is lavishly illustrated and packed with useful data Being already a bestseller in the Netherlands and Belgium *The Secret of Running* can be considered the ultimate textbook for all serious runners and their coaches

The Complete Guide to Running Earl W. Fee, 2005 In *The Complete Guide to Running* the secrets of Earl Fee a world master s champion are revealed that helped him achieve over 30 world records in running This material is supported by hundreds of references Fifteen chapters explain how to improve general physical and mental fitness with major emphasis on mental training nutrition physiology inspiration and motivation Ten chapters reveal the how and why of running training for sprinting middle and long distance hurdles and running in the pool

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Derby Charles B. Kastner, 2007-10-15. The story of Charley Pyle's 3400 mile cross country race and extravaganza and the men who endured 84 days of mountains, deserts, mud and sandstorms to compete for a \$25,000 grand prize. *The Ultimate Guide to Trail Running and Ultramarathons* Jason Robillard, 2014-11-11. Jason Robillard has been doing ultramarathons for many years and started advocating for barefoot running before it was cool and is considered an authority on it. In this guide he teaches trail running newbies and experienced marathoners essential survival skills and tips for running long distances: how to run in snow, ice and mud; how to cross large streams of water; what to do when you have to go number 2 on mile 30 of a 50 mile run; preparing for trouble; building a fire; surviving in the heat and cold; running in thunderstorms. The book is written with an irreverent sense of humor and touches on topics that many running books don't get into. 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 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 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. *Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners - Run Farther, Faster, and Injury-Free* Melissa Breyer, Pete Magill, Thomas Schwartz, 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

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Keep on Running Eric Newsholme, Anthony Leech, Glenda Duester, 1994-10-20 Written for anyone who wishes to understand more about the scientific basis of athletic training and performance Biochemistry nutrition physiology and psychology are all included Intended to help sports science students especially those who do not have a strong background in science Appealing to athletes at any stage of their career it is also helpful to coaches and physicians Features high carbohydrate recipe suggestions practical training schedules and a comprehensive bibliography

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