



JOE HENDERSON

RUN GENTLY, RUN LONG

The follow-up to Long Slow Distance,
five years and one surgery later

Run Gently Run Long

Jeff Galloway



Run Gently Run Long:

Run Gently, Run Long Joe Henderson, 1978-06-01

Going Far Joe Henderson, 2011-11

Best Runs Joe

Henderson, 1999 Explains that running is about much more than going farther and faster it's about having your best possible experience each and every time out

Running Lindsey A. Freeman, 2023-02-10 In *Running* former NCAA Division I track athlete Lindsey A. Freeman presents the feminist and queer handbook of running that she always wanted but could never find. For Freeman, running is full of joy, desire, and indulgence in the pleasure and weirdness of having a body. It allows for a space of freedom to move and be moved. Through tender storytelling of a lifetime wearing running shoes, Freeman considers injury and recovery, what it means to run as a visibly queer person, and how the release found in running comes from a desire to touch something that cannot be accessed when still. *Running* invites us to run through life, logging it out the best we can with heart and style.

Cross-Country Running & Racing Jeff Galloway, 2010-10-07 Annotation This book presents all the training necessary to train for cross-country races. Galloway's successful training program explains how to build endurance, train and race on hills, varied terrain, running speed, training race strategies, maximizing performance, and reducing the risk of injury.

Triathloning for Ordinary Mortals Steven Jonas, 1999 The explosion of interest in physical fitness that has sent Americans running, bicycling, and swimming by the tens of thousands now extends to the fitness competition that combines all three: triathloning. Steven Jonas, a former nonathlete who began endurance sports in middle age, offers an accessible program for anyone from beginner to experienced jogger. Dr. Jonas's own experiences are the basis of this user-friendly book, directed to the person who wants to do more than just run. He sets forth basic recommendations on equipment necessary for triathloning and outlines a three-phased training program that will take the untrained beginner to a state of fitness where he or she can complete a triathlon of moderate distance. The book includes a chapter on nutrition and a stretching program. Dr. Jonas has revised and updated the work to include information on how to run longer races, how to train for the increasingly popular duathlon (run/bike/run), and new tips from his further fifteen years of experience. Techniques, fitness training, equipment, nutrition, pre-race, the race itself: a readable introduction for the aspiring recreational triathlete. A new chapter on duathlons and how to run longer races and updated appendixes on the latest magazines and books of interest to triathletes. Dr. Steven Jonas has participated in 100 multi-sports events.

Trail Running Jeff Galloway, 2015-01-15 If you want to experience the real freedom of running in a natural surrounding and if the ever-repeating runs in the streets start to bore you, trail running is the right way to improve your running experience. The charm of starting trail running is to find your own way on lonely mountain hiking trails and to set your own goals, because no trail run can be compared to another. Running guru Jeff Galloway offers his own approach of getting started with his unique way of guaranteeing an injury-free running style. With his Run/Walk/Run method, Jeff helps beginners to start trail running the right way. Advanced runners can use a specialized training program which will help them prevent overtraining injuries and other calamities you can encounter during intense training.

sessions The book covers a wide range of trail running equipment especially covering the whole range of trail running shoes If you want to jump start your trail run this is your complete guide

Cross-Country Running Jeff Galloway,2023-05-01 In this new edition Olympian and running coach Jeff Galloway brings his proven Run Walk Run method to cross country running Using his method and following the training plans provided every cross country runner will improve performance recover faster and reduce the risk of injury Jeff Galloway explains how to build endurance train and race on hills run on varied terrain implement speed training and race strategies all while maximizing performance He gives action plans for teamwork training and developing race methods and he also covers injury prevention and treatment that gets an injured runner back racing in no time The training programs incorporate Galloway s Magic Mile the best way to check and monitor training progress and are suitable for high school and college runners Runners are also given the tools to set realistic pacing goals for long runs and races and to reach peak performance in the 5K 1500m 2000m and 10K Every cross country runner and coach needs this book

Run Gently Out There John Morelock,2013-09-16 If on leaving a trailhead you only glance at your watch to have an idea of when you need to be back parts of this book will be for you If when crossing a desert valley you wonder what it is like to run in the silence and solitude way out there parts of this book will be for you If wading across a beaver pond during a run seemed the only logical thing to do parts of this book will be for you If you ever thought of running fifty miles in one day parts of this book will be for you If you sometimes went out after sunset for a run because you saw a cloudless sky and you wanted to run under a visible night sky parts of this book will be for you If you need to be out there where running with pauses continues to be just as important as the occasional run with the stopwatch on then Run Gently Out There is for you Go along with the author as he takes you on a run that is not about anyone in particular rather it is about what makes running trails and ultramarathons become a love affair with being out there and how running becomes part of a way of living

Publisher s description **The Run Walk Run Method** Jeff Galloway,2024-09-01 This is a new edition of the bestselling The Run Walk Run Method by running coach Jeff Galloway After developing his own Run Walk Run method which has a more than 99% success rate Jeff has helped hundreds of thousands of walkers and runners achieve their goals Jeff s plan uses a combination of running and walking intervals that help each person run their desired distance whether it s a 5K race or a half marathon and achieve their goal times The method is low mileage and can fit into any schedule In this book Jeff not only outlines how to follow the Run Walk Run method but he also explores the principles of training as well as its mental and physical benefits He includes a training plan to get beginners started and he provides tips on how to find your Magic Mile time how to set up a running strategy and how to train mental strength He also includes advice on running with proper form and technique using drills to run better troubleshooting aches and pains preparing for and finishing a race and more Jeff Galloway believes everyone is designed to run and walk and he helps them to keep moving and to enjoy the exercise with his book The Run Walk Run Method

The Competitive Runner's Handbook Bob Glover,Shelly-lynn Florence

Glover,1999-04-01 For both runners entering that first neighborhood race and elite marathoners trainers Bob and Shelly lynn Florence Glover s completely revised guide is the book on training to compete A book that s already sold close to 200 000 copies The Competitive Runner s Handbook will now offer all the latest information needed to design basic training programs special workouts to increase strength endurance and power schedules and worksheets to develop individual goals and specifics on preparing for all kinds of races with an emphasis on the 10K and the marathon Informed by their over thirty years of coaching experience the Glovers give winning tips on alternative training footwear and diet and common injuries and illnesses as well as sensible advice on balancing running with work and home life Running Tough Michael

Sandrock,2000-10-17 Imagine training with the best distance runners and running coaches of our time learning their favorite and most effective workouts and discovering their hard earned secrets to success With Running Tough you ll find yourself running side by side with such world class runners as Bill Rodgers Libbie Hickman Frank Shorter Arthur Lydiard Ron Clarke Emil Zatopek and Adam Goucher tasting their unwavering dedication and determination and viewing firsthand their training runs Written by prolific running journalist Michael Sandrock Running Tough organizes the workouts by training goals to create a user friendly handbook This allows you to develop a customized training plan using the most appropriate workouts for training and racing You ll find chapters dedicated to long runs to help develop aerobic endurance off road training to build and strengthen the legs fartlek training or the speedplay to discover variety interval workouts to increase speed hill workouts to build strength and stamina tempo runs to push anaerobic thresholds recovery fun runs to heal muscles while emphasizing the enjoyment of the sport and building a program to prepare for competition With Running Tough you ll have the tools to create enhanced training programs discover new plateaus in your workout regimes and meet the challenges of world class competition You ll find that whether you re looking for increased strength and endurance improved aerobic or anaerobic capacity or just a competitive edge Running Tough will help you train with more efficiency more enthusiasm and more variety *Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office,1976 **Marathon** Jeff

Galloway,2010 Details Jeff Galloway s walk run training methods including the new magic mile time trial fat burning techniques and adjustments in the weekly schedule to prevent injuries and improve performance **RunDisney** Scott Douglas,Jeff Galloway,Molly Huddle,2024-03-05 The first ever official guidebook by RunDisney the hugely popular road race division of The Walt Disney Company With this comprehensive guide readers will learn The basics of running while planning a most magical runcation to the Walt Disney World Resort or Disneyland Which race is the best for themselves or their family What gear is needed for a RunDisney event and what resources are available at the Disney parks The must have guide runDisney The Official Guide to Racing Around the Parks is written by Scott Douglas who writes extensively for Runner s World magazine and includes a foreword by Olympian and bestselling author Jeff Galloway Select expert sidebars by Galloway and Olympian Molly Huddle offer additional tips on training gear etiquette and more **100 Reasons to**

Run--now! Jeff Galloway,2012 Presents a collection of motivational thoughts and tips intended to inspire runners to persevere through training covering such topics as running s health benefits challenges and ability to reveal hidden talents

Women's Running Joan Ulliot,1976 Running John Stanton,2010-04-13 Running the simple act of putting one foot in front of the other is truly a life changing experience It starts with those basic steps and soon becomes the adventure of a lifetime Now in the Running Room s Book on Running veteran runner author John Stanton offers expert advice to help you get the most from your running This wonderfully illustrated book answers all your questions about running including Getting started and keeping it fun Building a program that works with your lifestyle Picking the right gear Running form posture and breathing Heart rate training made clear Types of running what to do and how to do it Nutrition for the runner Strength and cross training easy to manage exercise routines Women s issues related to running and running during pregnancy Avoiding and dealing with injuries Mental preperation and the psychology of running Tips for race day *Running Until You're 100* Jeff Galloway,2010 Olympian Jeff Galloway has worked with tens of thousands of runners in their 40s 50s 60s and 70s By using his run walk run method most are able to enjoy running with fewer aches and pains At the age of 60 Jeff reports no injuries in 27 years This book explains how to achieve this how to stay motivated and increase the enjoyment **Running**

High, Running Low, Running Long Ben Rolfe,2016-05-05 An inspiring story of fatty to fitty and the power of the mind Aged 30 Ben had a routine medical and was told he wouldn t see 40 unless he changed his lifestyle An overweight sedentary smoker Ben had a young family and busy career with little time for anything else 10 years later having completed many of the world s toughest ultra marathons including the Western States 100 the Ultra Trail of Mont Blanc and the Marathon Des Sables he was hit with life changing news when one of his daughters was diagnosed with Type 1 Diabetes Ben decided to undertake his toughest challenge yet to prove to her that anything was possible One evening departing from the bright lights of Monte Carlo he headed towards the mountainous terrain behind the Cote d Azur to run an unsupported 100km 62 5 miles trail run For most hardened ultra marathon runners this would be a feat in itself but for Ben he had something to prove choosing to descend the rugged terrain he had already climbed and run the Cro Trail a 130k 81 mile mountain trail ultra race A thrilling and yet down to earth account detailing a young working family man s journey to fitness his love of nature and travel evolves these stories can only inspire and motivate any reader

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