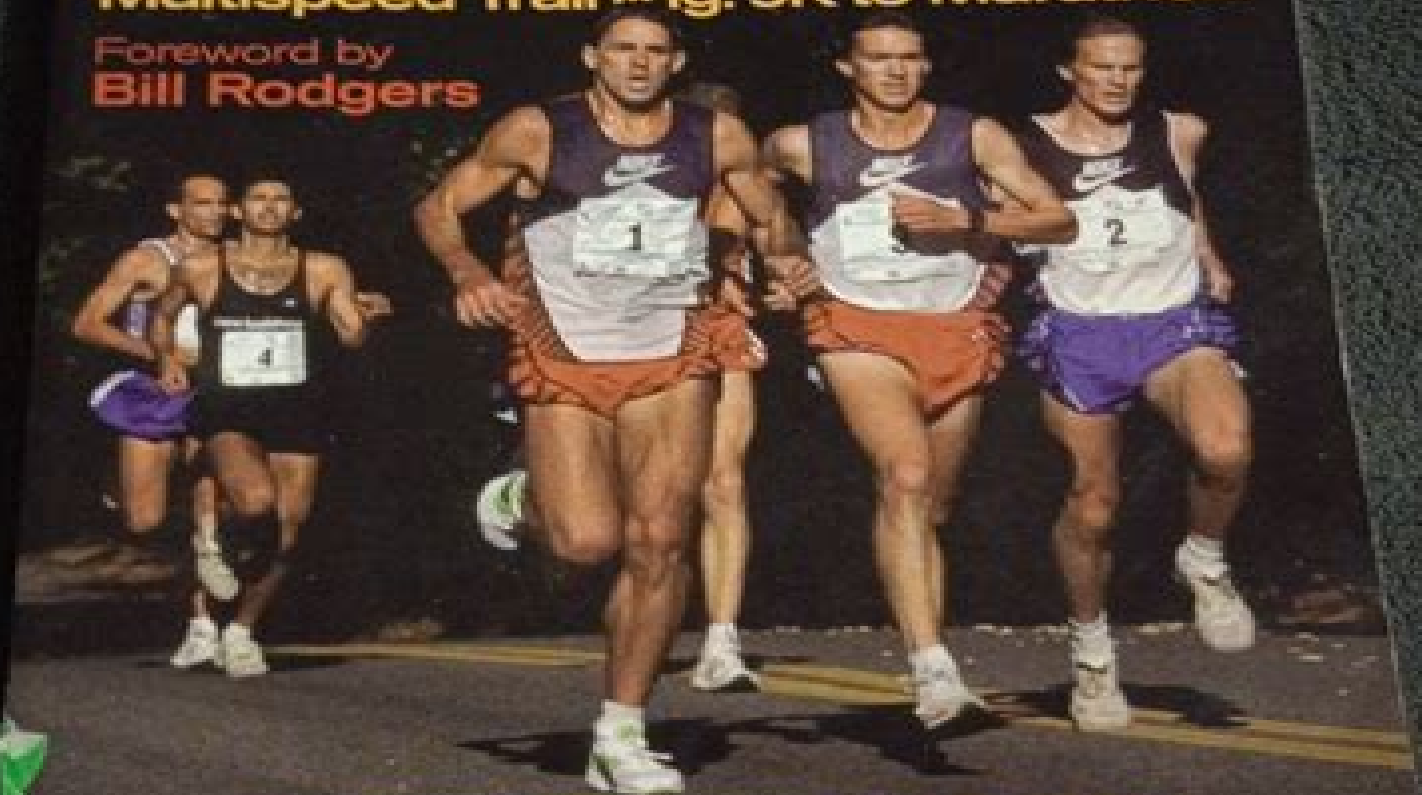


ROAD RACING for Serious RUNNERS

Multispeed Training: 5K to Marathon

Foreword by
Bill Rodgers



**PETE PFITZINGER
SCOTT DOUGLAS**

Road Racing For Serious Runners

Lei Shi



Road Racing For Serious Runners:

Road Racing for Serious Runners Pete Pfitzinger, Scott Douglas, 1999 The authors present a training and racing plan for competitive runners to excel in the full spectrum of road racing distances telling how to individualize programs for 5K 8K 10K and 15K races 60 photos **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 *Running Encyclopedia* Richard Benyo, Joe Henderson, 2002 An A to Z resource on running including history key figures major events and primary training theories and terms **Chicago Running Guide** Brenda Barrera, Eliot Wineberg, 2000 Equips runners with the information they need to enjoy Chicago s top running routes With the 31 best training routes and nine most popular racecourses in and around the city the 40 entries show distance scenery terrain hill ratings available facilities and tips on how to best enjoy each run **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 *Meb For Mortals* Meb Keflezighi, Scott Douglas, 2015-04-07 Train like Olympic marathoner and 2014 Boston Marathon winner Meb Keflezighi With his historic win at the 2014 Boston Marathon Meb Keflezighi cemented his legacy as one of the great champions of long distance running Runners everywhere wanted to know how someone two weeks away from his 39th birthday who had only the 15th best time going into the race could defeat the best field in Boston Marathon history and become the first American man to win the race in 31 years Meb For Mortals describes in unprecedented detail how three time Olympian Keflezighi prepares to take on the best runners in the world More importantly the book shows everyday runners how to implement the training nutritional and mental principles that have guided him throughout his long career which in addition to the 2014 Boston win includes an Olympic silver medal and the 2009 New York City Marathon title *Advanced Marathoning* Pete Pfitzinger, Scott Douglas, 2008-12-19

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storytelling **Running Cultures** John Bale,2004-06-01 Running is one of the world s most widely practiced sports and recreations but until now it has intended to elude serious study outside of the natural sciences John Bale brings the sport into the realm of the humanities by drawing on sources including literature poetry film art and sculpture as well as statistics and training manuals to highlight the tensions ambiguities and complexities that lie hidden beneath the commonplace notion of running The text explores both local and personal as well as communal and global aspects of running and its practitioners It examines the streets tracks and stadiums where athletes run the races in which they compete and the running relationships such as exist between the athlete and the coach between runners and between the athlete and spectator It discusses the importance of speed and records how running has been used to symbolise resistance and transgression and the extent to which it can be associated with a healthy lifestyle Running Cultures provides new ways of seeing a familiar sporting phenomenon it will appeal to both students and researchers with an interest in running in particular and sport and leisure cultures more generally EbXML Alan Kotok,David R. R. Webber,2001 Implement an e business vision for your company a necessity for success Sports Competitions for Adults Over 40 Thomas A. Jones,2009-06-08 A healthy lifestyle is a popular way to deal with aging but the serious fun and games don t have to end once middle age sets in This guidebook is aimed at men and women over 40 or 50 or 60 or 70 who seek the challenge of athletic competition The book focuses on those sports requiring significant physical exertion and includes team sports such as soccer softball and basketball and individual sports such as skiing tennis and swimming Chapters on each sport identify the national sponsoring organization and regional affiliates describe the types of competition available and give a breakdown of the competitors by age and gender A How to Get Started section describes basic skills needed for each sport equipment required to compete opportunities for coaching and suggested books and videos for beginners The book also features a list of the 2007 or 2008 national champions in each sport *Teenage Runner* Bruce Tulloh,2015-10-19 e Bruce uses the experience gained over five decades to help young athletes and their coaches understand the special needs of this age group He is uniquely qualified to offer advice and help e Alan Storey Technical Director UK Athleticse Bruce writes in an easy to read style and brings his immense experience to life in an attractive practical and invaluable guide for both coaches and athletes e David Hemery CBE President UK Athletics 1999 2003e Fresh enjoyable should be obligatory reading for young runners and their mentors I cannot recommend it too highly e Tom McNab author and British Olympic Coach The Cumulative Book Index ,1999 *Runner's World Complete Guide to Trail Running* Dagny Scott Barrios,2003-04-19 Discusses all aspects of trail running from preventing injury to storing up calories for the day s adventure Running Times ,2008-11 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 The Autobiography of Wayne B Peacock Wayne B Peacock BSME,2018-10-31 This is an autobiography of a life played out against the historical events of his times and family circumstances This collection

of diverse stories is linearly grouped into eleven segments elements of Wayne s remarkable life By the time you have scanned the Contents page and read the brilliant Foreword authored by Wayne s British friend Mike Wright your curiosity will be piqued You will find out how while playing marbles at the age of seven Wayne learned that if he wanted something he would have to go out and get it as no one was going to hand it to him Wayne s inner drive was to do the right things right and then improve on them This endeavor was about inspiring others by showcasing what one man can accomplish for himself his family his friends and for mankind Wayne is very proud of his book and looks forward to get cracking on part 2 of his autobiography *Runner's World* ,1998

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