



Marathon Going The Distance

Grete Waitz, Gloria Averbuch



Marathon Going The Distance:

Run Your First Marathon Grete Waitz, Gloria Averbuch, 2010-04-28 Do you consider yourself too old or out of shape to run a marathon Do you fear that you lack the conditioning motivation or emotional strength to finish If so Grete Waitz nine time winner of the New York City Marathon has a program for you that has proven to help would be racers do what they thought was impossible complete their first marathon Complete with sixty color photographs and information on the most current cutting edge trends in long distance running this essential reference will make your marathoning dreams come true The Gigantic Book of Running Quotations Hal Higdon, 2011-02-15 With over 3 000 pieces of wit and wisdom from runners famous and humble here is an important running resource and a great gift for any runner George Sheehan a celebrated running writer philosopher and physician once wrote The more I run the more certain I am that I am heading for my real goal to become the person I am Today many runners whether they are training for the Olympics or whether they fit runs into their lunch hours would agree that for them the sport is much more than a way to stay in shape Their running defines who they are and leads them to achieve goals that they might never have thought possible This tremendous collection of wisdom captures the spirit and passion of those who run in over 3 000 entries covering topics such as training gear running philosophy and running in youth and old age The Gigantic Book of Running Wisdom will inspire everyone from seasoned marathoners to running novices It includes thoughts from famous athletes writers politicians and more including Percy Cerutti Carl Lewis Tom Brokaw David Letterman William Shakespeare Farrah Fawcett Emil Z topek Bill Rodgers Friedrich Nietzsche Sebastian Coe Bill Clinton Grete Waitz Roger Bannister and hundreds of others The one thing they all have in common is their understanding that as Amby Burfoot put it As we run we become 16 b w illustrations You have to forget your last marathon before you try another Your mind can t know what s coming Frank Shorter I love the feeling of freedom in running the fresh air the feeling that the only person I m competing with is me Wilma Rudolph 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 The 1984 Los Angeles Olympic Games Matthew Llewellyn, John Gleaves, Wayne Wilson, 2017-10-02 The 1984 Los Angeles Olympic Games stand as the most profitable and arguably the most important event in the history of the modern Olympic movement Fresh off the back of the financially disastrous Montreal Games of 1976 and the politically controversial Moscow Games of 1980 the Olympic movement returned to the United States for the sixth time in

an attempt to salvage the economic viability and global prestige of the Olympics The Los Angeles Olympics proved to be both provocative and polarizing On the one hand they have been heralded as an overwhelming transformative success ushering the Olympic movement into the modern commercial age On the other hand critics have repudiated the Games as a manifestation of commercial excess and a platform for western political and cultural propaganda In conjunction with the 30th anniversary of the Los Angeles Olympics this volume examines their legacy With an international collection of contributing scholars this volume will span a range of global legacies including the increasing commercialization of the Games the changing participation of women the Communist boycott movement nationalism and sporting identity and the modernization and California cation of the Games This book was originally published as a special issue of the International Journal of the History of Sport

The Runner's Book of Training Secrets Ken Sparks,1996-03-15 Top runners share tips on speed training distance running racing strategy injury prevention nutrition and mental preparation **Recruiter Journal** ,2010

Running in the Midpack Martin Yelling,Anji Andrews,2021-02-04 a really really really good book Vassos Alexander A masterpiece Paul Sinton Hewitt CBE parkrun founder A lovely book it is really simple about getting a nice relationship with your running where it helps your life and changes with your life Very accessible Paul Tonkinson Running Commentary presenter and author A smart running book designed for the all too often overlooked middle of the pack runner written by Marathon Talk s Martin Yelling and Anji Andrews Welcome to the midpack Running pushes us stretches us asks us difficult questions challenges us It gives us space calms us down picks us up boosts our energy rewards inspires and fulfils us Midpack runners those who fall between the beginners and the elite are the heartbeat and footsteps of the running community In this long overdue book Marathon Talk s Martin Yelling and Anji Andrews share their expert knowledge first person stories and coaching ideas to nourish the midpackers running experience Covering such diverse topics as Making Yourself Bullet proof and How to Nail Your Race Running in the Midpack will cultivate your running progress and help you to become a healthy happy and successful runner Marathon Talk is the UK s number one running podcast *My Godly Marathon* Steve Crisafulli,2025-02-13 Throughout his life Steve Crisafulli has sought to discover God in everyday life In My Godly Marathon Steve tells of kingdom revelations that are true stories of discovery discoveries of when God has allowed a glimpse of His eternal world while seeking God in our temporal world His stories speak of the perseverance endurance and steadfastness necessary to live a Christian life in our human race and compare the similarities needed to persevere and endure to prepare for and complete a marathon race Steve encourages the reader by seeking out and discovering the eternal ways of the Savior in everyday life Prevention ,2006-04 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets Breakthrough Women's Running Neely Spence Gracey,Cindy Kuzma,2022-04-06 Breakthrough Women s Running propels female runners past their challenges to become the best runners they can be It includes training plans exercises and stretches to build strength and stamina and it

offers guidance on training through the menstrual cycle while pregnant and after childbirth *Runner's World Complete Book of Running* Editors of Runner's World Maga,2009-12-22 Revised and updated edition of the popular book on everything you need to know about running

Running, Thinking, Writing Jackie Hoermann-Elliott,2021-06-12 For the creative fulfillment of writers who identify as runners walkers or movers *Running Thinking Writing Embodied Cognition in Composition* unveils the varied understandings of the relationship between writing activity and physical activity Jackie Hoermann Elliott provides an interdisciplinary overview of relevant research from the fields of composition studies cognitive science neuroscience and sports psychology before proposing a new theoretical framework for explaining what happens to writers when they are moved to develop their writing while their bodies are in motion She shares illuminating accounts from runner writers working in the industries of journalism academia and youth literature She also provides pedagogical insights from working with student writers on embodied writing assignments as well as introductory activities for instructors to try in their own classrooms With a running metaphor guiding the chapters in this book readers will be challenged to view writing as embodied cognition and to realize the benefits of embodiment for all writers

Marathon, Revised and Updated 5th Edition Hal Higdon,2020-03-03 Now completely updated and revised a new edition of the long running marathon training guide that has helped more than half a million people reach their goals *Marathon The Ultimate Training Guide* is among the bestselling running books of all time for many reasons but above all others is this one It works *Marathon* running has changed in the seven years since the fourth edition there are more runners than ever before the popularity of half marathons has grown immensely and guidelines for best recovery and diet practices have changed This revised fifth edition includes a new chapter on ultramarathons along with material on recovery techniques several new training programs and advice on how to win a Boston qualifying race and improve your personal record At its core remains Hal Higdon's clear and essential information on injury prevention training and nutrition *Marathon* demystifies the marathon experience and allows each runner to achieve peak performance without anguish or pain taking the guesswork out of marathon training whether it's for your first or fiftieth With Higdon's comprehensive approach and tried and tested methods any runner will learn how to optimize their training and achieve their marathon goals

Making the Marathon Your Event Richard Benyo,1992 In easy to understand language Benyo covers preliminaries preparation pacing and strategy and much more He helps runners tailor a general program to their own particular needs and backs his recommendations with up to the minute research

Lazy Runner Laura Fountain,2012-12-18 The *Lazy Runner* follows Laura Fountain from starting out as a novice runner unfit clueless about running and incredibly lazy to finishing her first marathon and beyond At first unable to run 400 meters without stopping Laura has now completed five marathons the most recent in under four hours Along the way Laura learns countless lessons about running most of them the hard way But most importantly this self confessed couch potato learns to love running As well as offering inspiration and motivation to get out there and run her book offers tips on how to make running easier and

more enjoyable Offering practical information on buying the right kit choosing the best race and what to do on race day it also tackles the important running questions you might be embarrassed to ask like when will it get easier And what happens if I need the toilet

WORLD'S MOST EXOTIC MARATHONS JIM MANFORD,2019-10-27 Fancy running somewhere different for a change The 11th book in Jim s Marathon Tourism series provides a runner s guide to marathons held in some of the world s most exotic locations from Arctic wastelands to tropical paradises from the world s highest mountain to its longest coral reef from the Great Wall of China to an ancient Inca Trail from the world s greatest waterfall to barren deserts and from rugged stretches of coastline to the centres of iconic cities This book is the perfect read for all those who enjoy combining their love of running with a love of travel

Running Crazy - Imagine Running a Marathon. Now Imagine Running Over 100 of Them. Incredible True Stories from the World's Most Fanatical Runners Helen

Summer,2012-03-05 Pheidippides did it once and became a legend Brian Mills did it over 800 times but you might be forgiven for not knowing who he is He is a runner and it is the marathon all 26 miles and 385 yards of it and for some people once is not enough Brian Mills is rumoured to have a butterfly tattoo for each of his 800 plus efforts And Brian is not the only one who has notched up three digits of gruelling athletic endeavour The 100 Marathon Club also known as the Hell s Angels of Running and Running Sluts running one race whilst thinking of another is growing in number every year This is a club with no prejudices and only one prerequisite for membership the completion of 100 marathons It is full of colourful contrasting characters with idiosyncratic personalities and diverse lifestyles They make up a gargantuan melting pot of humanity linked by one common desire to run and run and run But who would want to run 100 marathons or more And why How do they find the time the money the energy Are they crazy Find out by reading their stories Some will make you laugh others will make you cry some may even inspire you to run a marathon Believe it or not these are ordinary everyday people like you Although when you have finished laughing and crying you may still not be sure whether they are crazy or passionate But you as they do when they run will have a lot of fun along the way

How to Become an Athlete James Edward Sullivan,1916 *Running Times* ,2008-10 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

IronFit's Marathons after 40 Don Fink,Melanie Fink,2017-03-01 The only marathon training guide athletes forty and older will ever need Updated with full color exercise photography cutting edge training strength core and flexibility programs and specific instruction for the most popular version of the marathon the Half Marathon this book starts with s simple premise training methods for younger athletes no longer work for athletes over forty Melanie and Don Fink present step by step action plans for faster times fewer injuries and more enjoyment for the Master s marathoner Including profiles of successful older athletes this book also provides ways to avoid common training and racing mistakes recovery methods unique to forty plus athletes secrets to staying injury free and much more

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 Athletics. 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 1999-2003. e 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.

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