



Long Distance Runner

David Sunderland



Long Distance Runner:

The Complete Long Distance Runner's Manual Sean Fishpool, Sean Keogh, 2009 back cover presents six graded training schedules to take you from beginner to long distance and even marathon runner includes schedules you can use to build your general fitness level help you lose weight and improve your well being offers expert advice on how to find the right running shoes based on your personal running profile provides essential guidelines for avoiding injury and building fitness safely and effectively More than 150 color photos charts and illustrations front flap Whether you re an absolute beginner or an experienced runner you ll find the advice and information you need in this book to improve your performance Six graded training schedules take runners from a beginner s regimen all the way to marathon level competition Depending on your current state of fitness and experience you can start with the program that best suits your skill level Authors Sean Fishpool and Sean Keogh also include valuable advice about running shoes with information on available types and tips on making the right choice to suit your personal running style Detailed charts will help you gauge your weekly progress at refresher level intermediate level and marathon level back flap Sean Fishpool is a competition runner and an assistant editor of the U K periodical Runner s World He races all distances from a mile to a full marathon and has competed in eight marathons He enjoys training and working with beginning runners Sean Keogh is a dedicated marathon runner who has recently started a long distance running club in North London He also coaches amateur hockey and has written on physical fitness **High**

Performance Long-Distance Running David Sunderland, 2011 High Performance Long Distance Running is a book for long distance runners 5 000 metres to the Marathon and their coaches The book is practically based on sound principles which have been tried and tested repeatedly Progression planning preparation and peaking are all important parts of the complete performance 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 The Loneliness of the Long-Distance Runner Alan Sillitoe, 2016-04-19 Nine classic short stories portraying the isolation criminality morality and rebellion of the working class from award winning bestselling author Alan Sillitoe The titular story follows the internal

decisions and external oppressions of a seventeen year old inmate in a juvenile detention center who is known only by his surname Smith The wardens have given the boy a light workload because he shows talent as a runner But if he wins the national long distance running competition as everyone is counting on him to do Smith will only vindicate the very system and society that has locked him up The Loneliness of the Long Distance Runner has long been considered a masterpiece on both the page and the silver screen Adapted for film by Sillitoe himself in 1962 it became an instant classic of British New Wave cinema In Uncle Ernest a middle aged furniture upholsterer traumatized in World War II now leads a lonely life His wife has left him his brothers have moved away and the townsfolk treat him as if he were a ghost When the old man finally finds companionship with two young girls whom he enjoys buying pastries for at a caf the local authorities find his behavior morally suspect Mr Raynor the School Teacher delves into a different kind of isolation that of a voyeuristic teacher who fantasizes constantly about the women who work in a draper s shop across the street When his students distract him from his lustful daydreams Mr Raynor becomes violent The six stories that follow in this iconic collection continue to cement Alan Sillitoe s reputation as one of Britain s foremost storytellers and a champion of the condemned the oppressed and the overlooked This ebook features an illustrated biography of Alan Sillitoe including rare images from the author s estate

Training for Young Distance Runners Laurence S. Greene,Russell R. Pate,2004 Race your best this season with science based training specifically geared for teenage runners Your performance will soar when you follow the proven guidelines on designing customized daily weekly and seasonal programs Running experts Larry Greene and Russ Pate combine the latest research with what works in the most successful high school and college programs throughout the country You ll learn how to optimize performance through tempo running interval training technique drills circuit and weight training and flexibility exercises And you ll gain a competitive advantage by applying guidelines for choosing the best foods and nutritional supplements developing mental fitness and preventing injuries Training for Young Distance Runners has everything you need to build a winning training program for cross country track and field and road racing events Get this book and get ahead of the pack **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 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

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

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Long Distance Running and Training Alfred A. Shrubb, 1909

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