



Marathon Running From Beginner To Elite Other Sports S

DP Hallahan



Marathon Running From Beginner To Elite Other Sports S:

Urban Marathons Jonas Larsen, 2021-10-20 This original social science text approaches marathon running as an everyday practice and a designed event to draw upon and contribute to the literature on practice theory urban events rhythm analysis and mobility It bridges sport studies and discussions within sociology and geography about practice movement and the city Inspired by theoretical debates about embodied and multi sensuous mobilities social and material practices and urban rhythms this book explores the characteristics of marathon running as a bodily practice on the one hand and on the other marathon training grounds and events as unique places This account takes marathon running seriously using sociological and geographical theory to understand the practice in and of itself Based on original empirical research and accessible to readers taking them to training sessions in Copenhagen and to marathons in Tokyo Kyoto Berlin Frankfurt Valencia and Copenhagen it draws out the globalised codified and generic nature of marathon practices and design yet also brings out the significant local differences The book examines in ethnographic detail how marathon practices and places are produced by various materialities cultural scripts experts runners and spectators and practiced in embodied multi sensuous and emplaced ways by ordinary runners It develops a sociological practice approach to marathon running and geographical understanding of marathon places and rhythms It demonstrates that marathon running is of broad interest because it calls for and allows lively and expressive ways of conducting and writing research and understanding the becoming of bodies the intertwining of biological and mechanical rhythms and the eventful potential of streets It will appeal to postgraduate students and scholars in sport studies geography and sociology interested in running active mobility and ethnography as well as tourism and urban events The book will also appeal to general readers with an interest in marathon running

Encyclopedia of Play in Today's Society Rodney P. Carlisle, 2009-04-02 CHOICE Outstanding Academic Title for 2009 This ground breaking resource is strongly recommended for all libraries and health and welfare institutional depots essential for university collections especially those catering to social studies programs Library Journal STARRED Review Children and adults spend a great deal of time in activities we think of as play including games sports and hobbies Without thinking about it very deeply almost everyone would agree that such activities are fun relaxing and entertaining However play has many purposes that run much deeper than simple entertainment For children play has various functions such as competition following rules accepting defeat choosing leaders exercising leadership practicing adult roles and taking risks in order to reap rewards For adults many games and sports serve as harmless releases of feelings of aggression competition and intergroup hostility The Encyclopedia of Play in Today's Society explores the concept of play in history and modern society in the United States and internationally Its scope encompasses leisure and recreational activities of children and adults throughout the ages from dice games in the Roman Empire to video games today With more than 450 entries these two volumes do not include coverage of professional sports and sport teams but instead cover the hundreds of games played not to earn a living but as informal

activity All aspects of play from learning to competition mastery of nature socialization and cooperation are included Simply enough this Encyclopedia explores play played for the fun of it Key Features Available in both print and electronic formats Provides access to the fascinating literature that has explored questions of psychology learning theory game theory and history in depth Considers the affects of play on child and adult development particularly on health creativity and imagination Contains entries that describe both adult and childhood play and games in dozens of cultures around the world and throughout history Explores the sophisticated analyses of social thinkers such as Huizinga Vygotsky and Sutton Smith as well as the wide variety of games toys sports and entertainments found around the world Presents cultures as diverse as the ancient Middle East modern Russia and China and in nations as far flung as India Argentina and France Key Themes Adult Games Board and Card Games Children s Games History of Play Outdoor Games and Amateur Sports Play and Education Play Around the World Psychology of Play Sociology of Play Toys and Business Video and Online Games For a subject we mostly consider light hearted play as a research topic has generated an extensive and sophisticated literature exploring a range of penetrating questions This two volume set serves as a general nontechnical resource for academics researchers and students alike It is an essential addition to any academic library

My Three Year Journey to the New York City Marathon Hae S. Bolduc, 2022-10-23 Journaling for this book began when Hae was accepted into the New York City Marathon She achieved a qualifying time a year earlier at the Rome Marathon in April 2018 Starting in February 2019 she began writing about her daily training her nutrition and her workout recoveries how she learned from training mistakes struggles disappointments and triumphs all the while intertwining her life s pearls of wisdom and understanding of running as an amateur athlete Targeting the 2019 New York City Marathon her training became a three year journey to finally run the marathon in 2021

Performance Analysis in Sport Miguel-Angel Gomez-Ruano, Sergio José Ibáñez, Anthony S. Leicht, 2020-12-29 This eBook is a collection of articles from a Frontiers Research Topic Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series they are collections of at least ten articles all centered on a particular subject With their unique mix of varied contributions from Original Research to Review Articles Frontiers Research Topics unify the most influential researchers the latest key findings and historical advances in a hot research area Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office frontiersin.org about contact

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Runner's World , 2006-09 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

Sports medicine and physical rehabilitation, volume II Michael Jaffe, David Levine, Denis J. Marcellin-Little, 2023-06-02

Meteorological and

Geostrophysical Abstracts , 1997

Runner's World , 2008-12 Runner s World magazine aims to help runners achieve their

personal health fitness and performance goals and to inspire them with vivid memorable storytelling *Science in Elite Sport* Erich Muller,1999-02-25 *Science in Elite Sport* brings together experts from around the world with the aim of furthering collaboration between athletes and scientists working in the field of training in sport Each chapter gets theory sport science with practice training and performance in order to demonstrate the impact science can have on performance at the elite level Examples are given from key sports and in the context of specific countries within Europe This book will be of great value to any one studying sport science degree with the aim of entering into coaching or training It will also be a key resource for those already involved in the implementation of coaching strategies at the elite level and also for athletes themselves *Running Times* ,2006-07 *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

Decoding Success: Indian Business Management Case Studies Dr Girish Kelkar,Dr Abhay Kulkarni, ,Dr Shailesh Kasande, Dr Sudhir Hasamnis,Dr Manisha Kulkarni,Dr Jayasri Murali,2024-03-22 Embark on a captivating journey into Indian business management with *Decoding Success Indian Business Management Case Studies* by Dr Girish Kelkar This distinguished scholar presents 30 enlightening case studies delving into the dynamic world of business in India Enhanced by IICMR College faculty this compilation goes beyond mere studies offering a profound exploration of decision making complexities in the Indian business environment Rooted in real world scenarios each case study bridges theory and application providing strategic perspectives crucial for understanding Indian business nuances Whether you re a student or a seasoned professional this book is an invaluable resource for gaining practical wisdom applicable to today s dynamic business landscape

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How to Run the Perfect Race Matt Fitzgerald,2024-05-14 Bestselling author and coach Matt Fitzgerald explains how to train for and execute a perfect race Master the art of pacing and run your next 5K 10K half marathon or marathon at your real limit Every runner knows pacing is critical It can be the difference between a breakthrough workout and a backbreaker between a PR and a DNF In *How to Run the Perfect Race* acclaimed running coach Matt Fitzgerald reveals how conventional training and device overdependence keep runners from accessing the full power of pacing With a mix of fascinating science and compelling stories from every corner of the sport Fitzgerald demonstrates that pacing is the art of finding your real limit running at a pace to finish the workout or cross the finish line completely out of gas This quintessential running skill unlocks hidden potential and transforms the sport enabling runners of all experience and ability levels to continually improve their race execution Training plans for 5K 10K half marathon and marathon events will hone your pacing skill through improved body awareness judgment and toughness Choose from four plans novice to expert for each race distance *How to Run the Perfect Race* equips you mentally and physically to become a better runner capable of

knowing and executing your best effort on any given day The Active Female Jacalyn J. Robert-McComb, Mimi Zumwalt, Maria Fernandez-del-Valle, 2023-02-27 Now in a revised and expanded third edition the aims of The Active Female are threefold first to increase the awareness of wellness and fitness issues for active females and their family members second to provide an avenue for medical practitioners allied health professionals health educators providers and certified individuals in sports medicine athletics to gain critical updated knowledge of a field specific to active females and third to introduce the concept of obesity as a growing health concern even for normal weight individuals Part I of the book offers a foundation for understanding the interrelationships between female physiology body image and other psychological issues the female reproductive cycle and the musculoskeletal anatomy and physiology of females that makes their health risks and concerns unique In Part II the concepts of eating disorders from a global perspective and the health disparities and inequities in women s health are discussed in detail Part III describes the prevention and management of common musculoskeletal injuries in active females across the lifespan including the management of osteoporosis Appropriate exercise and nutritional guidelines and recommendations for active females are discussed in detail in Parts IV and V Part VI is a new addition to the book and highlights the obesity epidemic and co morbid diseases associated with obesity even for normal weight obese individuals Each chapter is bookended by clear learning objectives and review questions for additional pedagogical appeal An invaluable addition to the literature The Active Female Health Issues throughout the Lifespan 3e will be of great interest to all clinicians and allied health care professionals concerned with women s health and related issues from sports medicine and family practitioners to endocrinologists gynecologists and orthopedic surgeons **Build Your Running Body** Pete Magill, Thomas Schwartz, Melissa Breyer, 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 want a fit fast and injury resistant running body there s a better way to train than relentlessly pursuing mileage This easy to use workout manual draws on the latest research in running physiology to target all the components that go into every stride including muscles connective tissue cardiovascular fitness energy production the nervous system hormones and the brain With the breakthrough whole body training program in Build Your Running Body runners will improve their times run longer and more comfortably and reduce injury With more than 150 workouts from weightlifting and cross training to resistance exercises and plyometrics fine tuned to individual skill levels and performance goals PLUS 393 photos that make it easy to follow every step of every workout 10 training programs to help runners of all levels integrate the total body plan into their daily routines Interviews with leading runners exercise scientists and coaches learn how elite runners train today Race strategy for the crucial weeks leading up to the competition and through to the finish line Exercises to prevent injury and rehabilitate common running ailments Seasoned insight on barefoot running the pros and cons of stretching and other hot button topics Nutrition guidance on carbs proteins fats and weight loss More than 30 recipes to speed recovery and cement fitness gains Beginners guidelines every step of the way Valuable tips on

proper apparel tracking your progress and more **Diarrhea** Stefano Guandalini,Haleh Vaziri,2010-10-17 This volume provides in a conveniently accessible package a comprehensive collection of accurate and timely information on the management of patients with diarrhea both in pediatric age and in the adult As medical knowledge has recently expanded in this area this volume is full of new practical clinically useful material for the busy clinician Illustrations are emphasized to permit rapid acquisition of practical information that is not readily available in the major texts Each chapter is concise concentrating on clinical pearls and new advances in diagnostic and therapeutic technology Each chapter discusses the relative costs of diagnostic and therapeutic options to permit financial considerations to be taken into account in the decision making process Additional unique features include summaries of key points recommendations and indications for requesting GI subspecialty consultation Providing a comprehensive but practical overview of the issues surrounding the diarrheal diseases this volume will prove of great value and utility to gastroenterologists surgeons internists primary care physicians

Therapeutic Exercise Carolyn Kisner,Lynn Allen Colby,John Borstad,2017-10-18 Here is all the guidance you need to customize interventions for individuals with movement dysfunction You ll find the perfect balance of theory and clinical technique in depth discussions of the principles of therapeutic exercise and manual therapy and the most up to date exercise and management guidelines **Global Sport Leaders** Emmanuel Bayle,Patrick Clastres,2018-04-10 This book analyses the careers governance and management practices of some of the institutional sports leaders who have had the greatest impact on global sport in the 120 years since Baron Pierre de Coubertin revived the Olympic Games Through their positions in major sports organisations their influence the examples they set their successes and failures and their ability to bring about change these notable individuals controlled and continue to control the development of Olympic and international sport The portraits included within this collection provide a critical analysis of these leaders careers by examining sports management from a biographical perspective and allowing readers to understand the challenges and obstacles faced by international sport s top administrators The contributors explore the interactions between these leaders career paths and their strategies both within their organisations and in the overall sporting context Global Sport Leaders will be of interest to students and scholars across a range of disciplines including sports management sociology politics history and international relations **Runner's World** ,2008-07 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

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