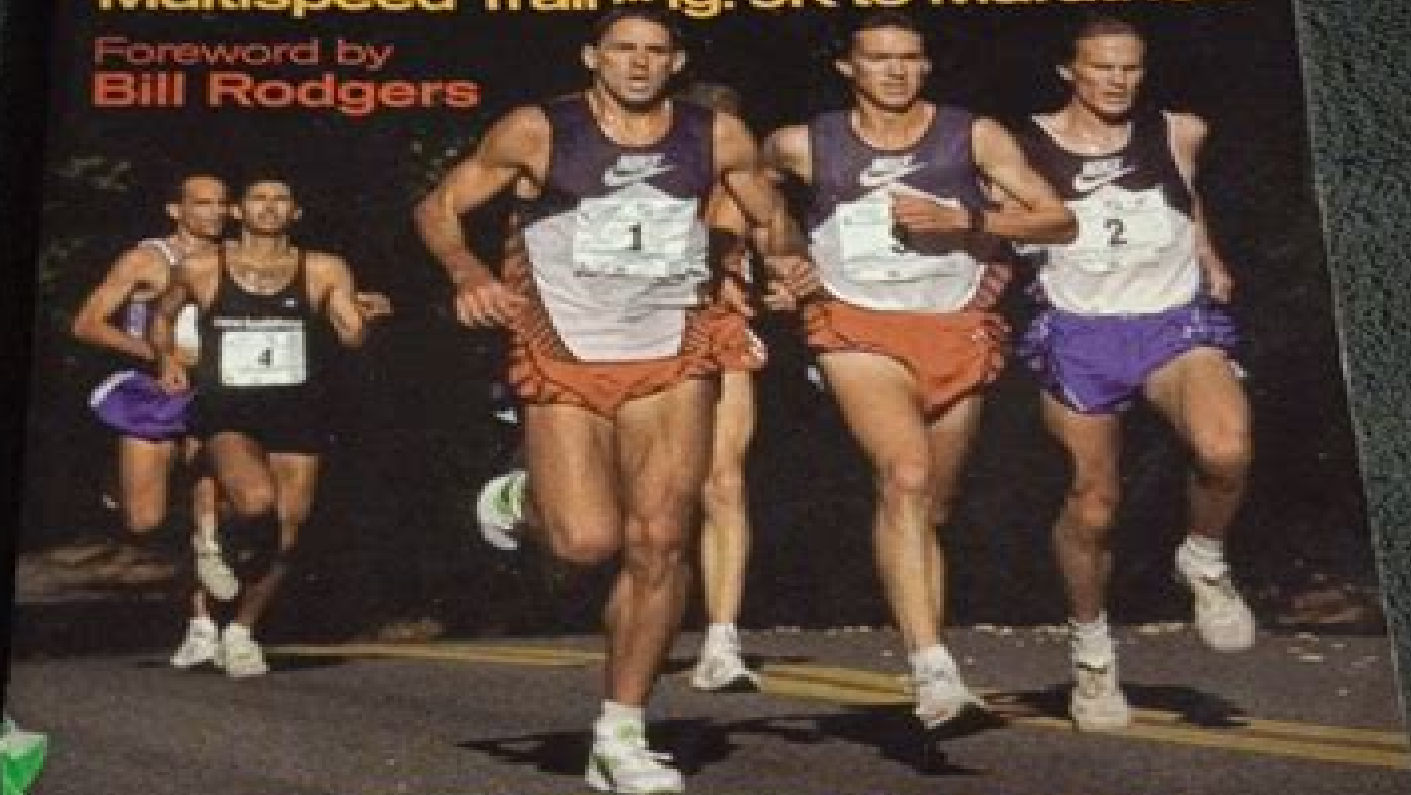


ROAD RACING for Serious RUNNERS

Multispeed Training: 5K to Marathon

Foreword by
Bill Rodgers



**PETE PFITZINGER
SCOTT DOUGLAS**

Road Racing For Serious Runners

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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 Marathonning** Pete Pfitzinger, Scott Douglas, 2008-12-19 Shave

minutes off your time using the latest in science based training for serious runners Advanced Marathonning has all the information you need to train smarter remain injury free and arrive on the start line ready to run the marathon of your life Including marathon pace runs and tempo runs Advanced Marathonning provides only the most effective methods of training You ll learn how to complement your running workouts with strength core flexibility and form training implement cutting edge nutrition and hydration strategies and recovery techniques and taper properly to reach peak performance With easy to understand day by day training schedules for 18 and 12 week preparation for weekly distances of 55 55 to 70 70 to 85 and 85 plus miles Advanced Marathonning is simply the most comprehensive and efficient approach to marathonning If you re ready to achieve your personal best this book is for you RUN Fitzgerald Matt,2024-01-11 Most serious runners don t realize their potential They simply stop getting faster and don t understand why The reason is simple most runners are unable to run by feel The best elite runners have learned that the key to faster running is to hear what their bodies are telling them Drawing on new research on endurance sports best selling author Matt Fitzgerald explores the practices of elite runners to explain why their techniques can be effective for all runners RUN The Mind Body Method of Running by Feel will help runners reach their full potential by teaching them how to train in the most personalized and adaptable way Fitzgerald s mind body method will revolutionize how runners think about training their personal limits and their potential RUN explains how to interpret emotional and physical messages like confidence enjoyment fatigue suffering and aches and pains RUN guides readers toward the optimal balance of intensity and enjoyment volume and recovery repetition and variation As the miles add up runners will become increasingly confident that they are doing the right training on the right day from one season to the next RUN marks the start of a better way to train The culmination of science and personal experience the mind body method of running by feel will lead runners to faster more enjoyable training and racing **Runner's World Guide to Road Racing** Katie Mcdonald Neitz,2008-02-05 Counsels competitive and recreational runners on how to train for and compete in four popular road race types sharing a wealth of advice for conditioning the body following ideal nutrition guidelines and preventing or rehabilitating after injuries Original *Athletic Footwear and Orthoses in Sports Medicine* Matthew B. Werd,E. Leslie Knight,2010-06-17 This concise manual is for sports medicine specialists who want to effectively prescribe footwear and orthotics for the athlete The book provides a logical approach designed to maximize performance and minimize injury In addition to the fundamentals including athletic foot types basic biomechanics and gait evaluation the text also addresses the assessment and prescription of shoes inserts and orthotics The work covers new technologies and sports specific recommendations as well By presenting essential information in a convenient and easily accessible format this book will prove to be invaluable for sports medicine physicians podiatrists physical therapists athletic trainers and other specialists when making footwear recommendations for athletes

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