

The NEW COMPETITIVE RUNNER'S Handbook

*The complete training program, with the latest
strategies for the 10K and the marathon*



Bob Glover, coauthor of
The Runner's Handbook,
and **Pete Schuder**



New Competitive Runners Handbook

Earl W. Fee



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The Competitive Runner's Handbook Bob Glover, Shelly-lynn Florence Glover, 1999-04-01 For both runners entering that first neighborhood race and elite marathoners trainers Bob and Shelly Lynn Florence Glover's completely revised guide is the book on training to compete A book that's already sold close to 200 000 copies The Competitive Runner's Handbook will now offer all the latest information needed to design basic training programs special workouts to increase strength endurance and power schedules and worksheets to develop individual goals and specifics on preparing for all kinds of races with an emphasis on the 10K and the marathon Informed by their over thirty years of coaching experience the Glovers give winning tips on alternative training footwear and diet and common injuries and illnesses as well as sensible advice on balancing running with work and home life

The Competitive Runner's Handbook Bob Glover, Pete Schuder, 1983 A series of fitness programs are outlined for various kinds of races

The New Competitive Runner's Handbook Bob Glover, Pete Schuder, 1988 Provides advice on training for running races of all distances from a mile on up with workout schedules and a discussion of racing techniques

The Runner's Handbook Bob Glover, Jack Shepherd, Shelly-lynn Florence Glover, 1996-06-01 If you're a runner or would like to be one The Runner's Handbook will answer all your questions Fitness expert Bob Glover who has trained thousands of runners shows you how to devise a training program and keep at the top of your form

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The Complete Guide to Running Earl W. Fee, 2005 In The Complete Guide to Running the secrets of Earl Fee a world master's champion are revealed that helped him achieve over 30 world records in running This material is supported by hundreds of references Fifteen chapters explain how to improve general physical and mental fitness with major emphasis on mental training nutrition physiology inspiration and motivation Ten chapters reveal the how and why of running training for sprinting middle and long distance hurdles and running in the pool Athletes from 9 to 90 will benefit from this information since all are bound by the same training principles Precautions and training are explained for the extreme young and old

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devise a training program and keep at the top of your form **Runner's World Your Best Stride** Jonathan Beverly, Editors of Runner's World Maga, 2017-06-13 Run the Way You Were Born to Run Every runner wants a smooth light powerful and resilient stride But there isn't one ideal form all runners should try to emulate Instead research and experience show that people can run effectively in a wide variety of patterns with some universal elements In lively accessible prose author Jonathan Beverly details his search for common ground among physical therapists podiatrists biomechanics researchers and coaches and reveals how individual runners can apply those principles and improve their performance avoid injury and enhance their enjoyment on the run With specific illustrated exercises that show how to counteract tight muscles from excessive sitting improve limited arm mobility from hunching over electronic devices strengthen your feet for better balance and improve speed by lengthening your stride Runner's World Your Best Stride is an approachable guide to human movement and a practical tool for improved running performance Runner's World Train Smart, Run Forever Bill

Pierce, Scott Murr, Editors of Runner's World Maga, 2017-04-04 From the experts at the Furman Institute of Running and Scientific Training FIRST Runner's World Train Smart Run Forever goes beyond traditional training programs and addresses the issues that prevent runners from reaching their full potential This book will teach you how to become a fit fast and healthy lifelong runner by following the authors innovative 7 hour workout week In this new approach Bill Pierce and Scott Murr show how overall fitness and total body health are the secret to longevity as a runner Runner's World Train Smart Run Forever is appropriate for all runners but is especially helpful if you're frustrated by injuries or looking to maintain your healthy lifestyle as you age This book addresses the controversies surrounding the dangers of overtraining and the stress associated with the constant craving for faster race times Complete with a comprehensive program to enhance overall fitness improve race times and support healthy aging this book will show you how to achieve your fitness goals at any stage

Getting Real About Running Gordon Bakoulis, 2007-12-18 RUN FOR YOUR LIFE In more than twenty years as a runner and a coach top marathoner Gordon Bakoulis has tackled almost every problem a runner can face Now in her accessible inspiring new book Bakoulis becomes your personal coach and mentor preparing you to meet the exhilarating challenges of running She discusses everything a runner must know including SETTING UP A PROGRAM Three month six month and one year training cycles the importance of rest and downtime CHOOSING EQUIPMENT Foot types and finding shoes that meet your unique biomedical needs the latest apparel for hot and cold weather running COMMON INJURIES AND HOW TO AVOID THEM Runner's knee heel spurs shin splints the benefits of stretches massage and yoga FUELING YOUR BODY Diets for different lifestyles and fitness levels easy nutritious recipes THE SCIENCE OF RUNNING the hard easy approach to training RUNNING WITH AND FOR YOUR HEAD How running can make you feel more sane and alive with mantras used by champions CHILDREN WHO RUN An illustrated discussion of the special concerns of runners from 6 to 18 RUNNING AND AGING Advice for runners over 50 with profiles of senior runners PLUS Pace charts mile kilometer conversion and running

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