



Running Long Distances

**William Bridel, Pirkko Markula, Jim
Denison**



Running Long Distances:

My Long-Distance Running Journey: 101 Long-Distance Running Tips to Pave the Way Michael

D'Aulerio,2019-08-10 Are you looking for a quick and easy method to become a long distance runner Do you want to be able to complete a 5k 10k half marathon full marathon and 50k ultramarathon Do you want to significantly increase your endurance and improve your health Whether you are a novice runner looking to finish your first 5k and half marathon or an experienced runner preparing to run a marathon or ultramarathon My Long Distance Running Journey 101 Long Distance Running Tips To Pave The Way is a book that will guide you across any finish line Inside these pages you will receive 101 long distance running tips to jump start your journey including Getting Started the essentials for any beginner Mindset build mental strength for longer mileage Training expert advice and beginner running schedules Technique run farther with less effort while avoiding injuries Nutrition fueling strategies for before during and after every run Gear the right gear for better performance and safety Racing the know how for crossing the finish line Injury prevent and treat the most common running injuries Mindfulness transcend limitations to run longer In running you will have bad days and good days slow runs and fast runs hard race and easy races but you will only have ONE journey your journey This book will help you map it out and pave the way You will soon realize that becoming a long distance runner isn t as difficult as you thought and it doesn t take long to quickly improve In fact there are simpler and shorter paths to running longer mileage and all you need is this one book and the decision the decision to make it happen My Long Distance Running Journey encourages you to begin running longer distances right now So lace up your shoes and start your journey to becoming a better more enduring long distance runner today

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 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

Running Long Distances Bill R. Daugherty, 2005-06 Items of Concern that Bill Daugherty in his book *Running Long Distances* Ho Ho Ho Let s Go Go Go that he believes will aid you towards running safely as improve your health in long distances are as follows Keep in mind one of the best ways of learning about long distance running is to listen and read into what an experienced long distance runner and or coach has to offer you by invitation in doing You ll have a challenge to qualify yourself by taking for yourself alone Bill s Quick Analyzation For YOU There s a uniquely new concept formula are YOU ready to see and adopt it You ll be requested to make yourself some little non expensive or elaborate charts and record keeping systems You ll need to know how to properly BREATHE On the same token you ll need knowing some related legs and footwork techniques You ll need to accept some key clues clues for your running inclines and declines effectively What importance is there to Bill s technique relating particular kinds of STRIDES to use Stop using your style of moving your arms and hands Learn how best to effectively move your hands and arms while running especially when you re thinking of long distance running Learn of the following crucial notions as ideas for you to change yourself in becoming a long distance runner A Strategies B Pre Race knowledge e Race Strategies D Enjoying reading and comprehending it this book s Conclusion and E the taking of a brief moment to better know about this author Bill Daugherty

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

Running Long Distances Bill R. Daugherty, **The Science and Practice of Middle and Long Distance Running Training** Richard C. Blagrove, Philip R. Hayes, 2021 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 reflected in the growth in the provision 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 sports 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

Modern Middle- and Long-distance Running James Henry Peters, Jim Peters, Johnny Johnston, Joseph Edmundson, 1957 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

Improving Sports Performance in Middle and Long-Distance Running Joanne Fallowfield, David M. Wilkinson, 1999-10-25 This text addresses the physiological demands of middle and long distance running and presents the reader with research on running physiology It explores the limitations to running performance and the methods used to monitor it

Endurance Running William Bridel, Pirkko Markula, Jim Denison, 2015-10-05 Running is a fundamental human activity and holds an important place in popular culture In recent decades it has exploded in popularity

as a leisure pursuit with marathons and endurance challenges exerting a strong fascination Endurance Running is the first collection of original qualitative research to examine distance running through a socio cultural lens with a general objective of understanding the concept and meaning of endurance historically and in contemporary times Adopting diverse theoretical and methodological approaches to explore topics such as historical conceptualizations of endurance lived experiences of endurance running and the meaning of endurance in individual lives the book reveals how the biological historical psychological and sociological converge to form contextually specific ideas about endurance running and runners Endurance Running is an essential book for anybody researching across the entire spectrum of endurance sports and fascinating reading for anybody working in the sociology of sport or the body cultural studies or behavioural science Run Smart John Brewer,2017-09-21 Renowned marathon expert and leading sports scientist Professor John Brewer reveals why many of the concepts surrounding marathon training and running are wrong and suggests how the latest sports science research transforms the way marathons should be approached Run Smart uses the latest scientific research to show how preparing for and running marathons can be made easier and in doing so challenges many of the myths that surround marathon running The book will draw on the author s experience as one of the UK s leading sports scientists his extensive research background in marathon running and his experience as a marathon runner to provide credible advice to runners to support their preparation for a marathon The book will challenge many current concepts myths and ideas and provide science based alternatives in areas such as training and nutrition that will optimise and ease a runner s preparation for and completion of the 26.2 mile distance This highly accessible book will use the latest scientific findings to support new runners training for their first marathon and help more experienced athletes improve and train smarter *Language, Memory, and Aging* Leah L. Light,Deborah M. Burke,1993-07-30 From a cognitive standpoint the authors consider the role of awareness in memory and language *Marathon* Jeff Galloway,2010 Details Jeff Galloway s walk run training methods including the new magic mile time trial fat burning techniques and adjustments in the weekly schedule to prevent injuries and improve performance

Running Smart Mariska van Sprundel,2021-09-14 A science writer and recreational runner explores the science behind popularly held beliefs about shoes injuries nutrition runner s high and more Conventional wisdom about running is passed down like folklore and sometimes contradicts itself the right kind of shoe prevents injury or running barefoot like our prehistoric ancestors is best eat a high fat diet and also carbo load before a race running cures depression but it might be addictive running can save your life although it can also destroy your knee cartilage Often it s hard to know what to believe In *Running Smart* Mariska van Sprundel a science journalist and recreational runner who has had her fair share of injuries sets out to explore the science behind such claims In her quest van Sprundel reviews the latest developments in sports science consults with a variety of experts and visits a sports lab to have her running technique analyzed She learns among other things that according to evolutionary biology humans are perfectly adapted to running long distances even if our

hunter gatherer forebears suffered plenty of injuries that running sets off a shockwave that spreads from foot to head which may or may not be absorbed by cushioned shoes and that a good sports bra controls the ping pong like movements of a female runner's breasts She explains how the body burns fuel the best foods to eat before and after running and what might cause runner's high More than fifty million Americans are runners and a slight majority of them are women This engaging and enlightening book will help both novice and seasoned runners run their smartest *Running Times*, 2007-07 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 **Complete Conditioning for**

Baseball Steve Tamborra, 2008 Strengthen your on field performance with Complete Conditioning for Baseball With customized workouts for position specific skills this book and DVD combination provides you with the exercises drills and programs designed to generate more hitting power increase the velocity of throws improve quickness and enhance your overall abilities Living in the long run Dr. Patrick Krause, 2024-04-26 How do you want to run a marathon in under four hours or at the age of 90 To take Arne Haase as a role model Germany's oldest marathon runner is still doing 20 kilometers twice a week at the age of 90 And it doesn't have to be that sporty But wouldn't the Haase model be a nice vision of you in your old days being trapped in the body of a 45 year old For millions of people regular exercise is part of their lives But almost all of us run the wrong way To stay mobile from now until old age we can make up our minds for a fundamental change E.g. we mostly unconsciously run as if we were training for a competition From the age of 40 our strength and joints start to deteriorate So what can we change in order to enjoy it forever Change our running attitude running mindfully reduce our biological age Food for thought from philosophy psychology and coaching leads to a lifestyle that keeps you strong and healthy forever One reading session and you're off and running Living in the long Run is neither a motivational guide nor a training companion just read it put it down and start a new life The inspiring narrative running coach invites you to take things radically slowly but to take the first small step towards almost infinity Because endurance matters Running properly starts in your mind In order to still be strong at the age of 90 author Dr Patrick Krause tears down the performance patterns from our sporting past as well as our modern society running or any other fitness sport should ultimately glide into the flow beyond all logic of increase our bones will be grateful How does that kind of stress reduced running work More like a meditation to go with the flow and that's also how the book is written Because running properly starts in your mind This means eliminating opponents such as some fellow runners and potential tempo tyrants like watches and apps which focus on competition and the logic of improvement It's about consciously taking every mental and athletic step Valuable companions on the short path to an eternal running life are techniques from meditation and philosophy as well as impulses from other sports and training aspects for long distances Because those who train like iron triathletes can surpass themselves you bet Living in the long Run combines running with joie de vivre in an instructive and entertaining way both immediately and long

term Buck Up: The Real Bloke's Guide to Getting Healthy and Living Longer Buck Shelford, 2012-09-26 All Black legend Buck Shelford was the epitome of brute strength determination and athletic prowess It was a shock to New Zealand sports fans then when he was diagnosed with lymphatic cancer in 2005 which he subsequently overcame with treatment More recently after a public battle with his weight Buck successfully shed over 25 kilos Accessible and user friendly Buck Up draws on Buck s personal experience with health issues but goes far beyond along with highly regarded sports scientist Dr Grant Schofield Buck offers a wide array of information and realistic tips to improve the quality of life for Kiwi males and their loved ones A book full of big ideas and practical advice as well as a good dose of blokey humour Buck Up promises to positively alter awareness of and approaches to men s health for both everyday males and practitioners

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