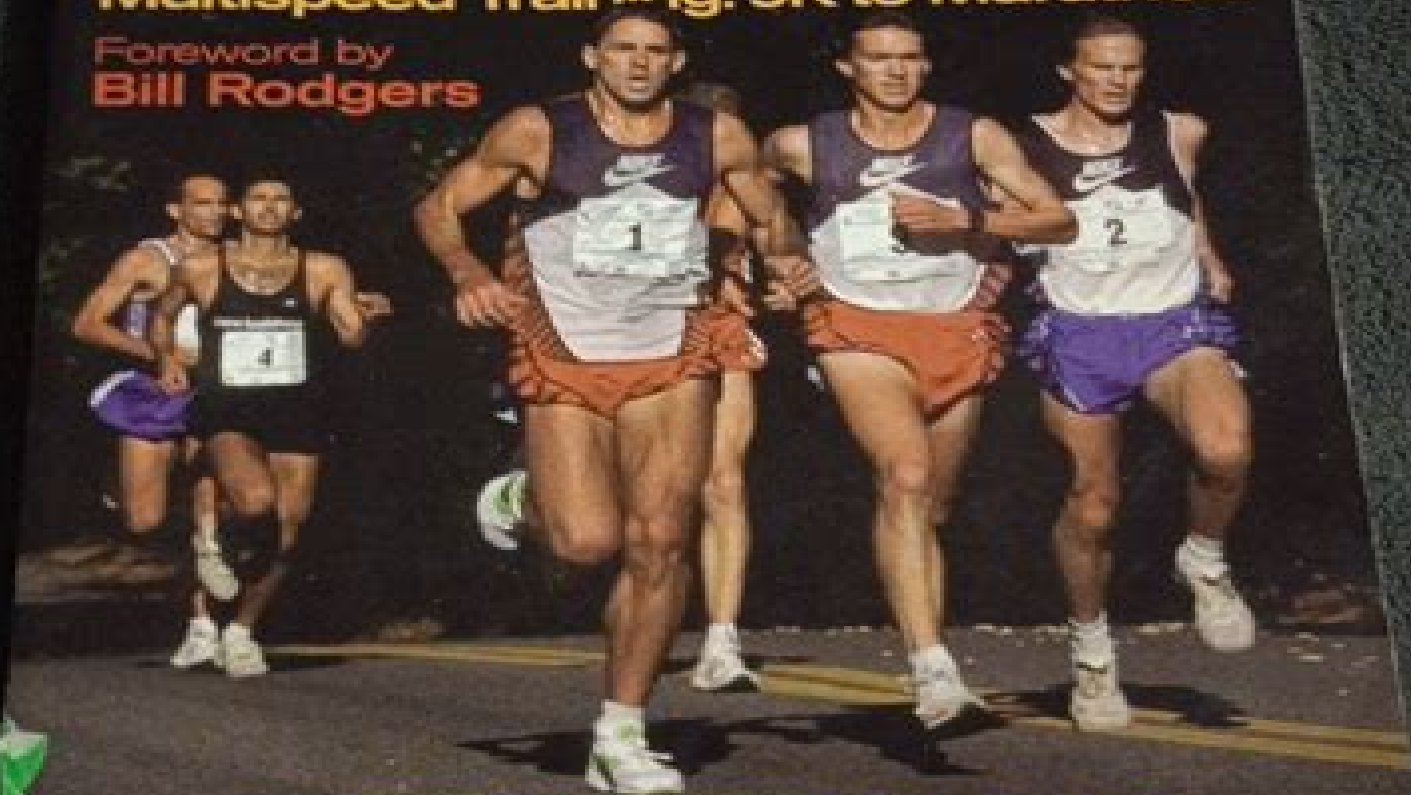


# ROAD RACING for Serious RUNNERS

Multispeed Training: 5K to Marathon

Foreword by  
**Bill Rodgers**



**PETE PFITZINGER  
SCOTT DOUGLAS**

# Road Racing For Serious Runners

**Pete Pfitzinger, Scott Douglas**



## 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,2010-05-24 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

**Runner's World** ,2007-03 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 Competitions for Adults Over 40 Thomas A. Jones,2009-06-08 A healthy lifestyle is a popular way to deal with aging but the serious fun and games don't have to end once middle age sets in This guidebook is aimed at men and women over 40 or 50 or 60 or 70 who seek the challenge of athletic competition The book focuses on those sports requiring significant physical exertion and includes team sports such as soccer softball and basketball and individual sports such as skiing tennis and swimming Chapters on each sport identify the national sponsoring organization and regional affiliates describe the types of competition available and give a breakdown of the competitors by age and gender A How to Get Started section describes basic skills needed for each sport equipment required to compete opportunities for coaching and suggested books and videos for beginners The book also features a list of the 2007 or 2008 national champions in each sport

**Running Cultures** John Bale,2004-06-01 Running is one of the world's most widely practiced sports and recreations but until now it has intended to elude serious study outside of the natural sciences John Bale brings the sport into the realm of the humanities by drawing on sources including literature poetry film art and sculpture as well as statistics and training manuals to highlight the tensions ambiguities and complexities that lie hidden beneath the commonplace notion of running The text explores both local and personal as well as communal and global aspects of running and its practitioners It examines the streets tracks and stadiums where athletes run the races in which they compete and the running relationships such as exist between the athlete and the coach between runners and between the athlete and spectator It discusses the importance of speed and records how running has been used to symbolise resistance and transgression and the extent to which it can be associated with a healthy lifestyle Running Cultures provides new ways of seeing a familiar sporting phenomenon it will appeal to both students and researchers with an interest in running in particular and sport and leisure cultures more generally

*Runner's World Guide to Road Racing* Katie McDonald Neitz,Editors of Runner's World Maga,2008-02-05 Runner's World senior editor Katie Neitz has compiled the best tips and techniques on training pace nutrition injury rehabilitation and prevention and every other detail that will lead to peak performance In sections devoted to each of the four races Runner's World Guide to Road Racing lays out the insider secrets of the pros in concise user friendly format including Distance specific training programs Eating plans Tips for hydration Race day strategies Pacing recommendations Advice on achieving the optimal mental state for competition Providing level specific techniques and strategies for beginner intermediate and advanced runners both competitive and recreational this is a no nonsense fluff free guide that will quickly become the road racer's bible

*EbXML* Alan Kotok,David R. R. Webber,2001 Implement an e business vision for your company a necessity for success

Teenage Runner Bruce Tulloh,2015-10-19 e Bruce uses the experience gained over five decades to help young athletes and their coaches understand the special needs of this age group He is uniquely qualified to offer advice and help e Alan Storey Technical Director UK Athleticse Bruce writes in an easy to read style and brings his immense experience to life in an attractive practical and invaluable guide for both coaches and athletes e David Hemery CBE

President UK Athletics 1999 2003e Fresh enjoyable should be obligatory reading for young runners and their mentors I cannot recommend it too highly e Tom McNab author and British Olympic Coach      **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 resources and organizations Getting Real About Running gets down to the real nitty gritty of this most satisfying of sports Here s a book that s worth its weight in gold medals      **The Cumulative Book Index** ,1999      **Runner's World Complete Guide to Trail Running** Dagny Scott Barrios,2003-04-19 Discusses all aspects of trail running from preventing injury to storing up calories for the day s adventure      **Running Times** ,2008-11 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

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