



JOE HENDERSON

RUN GENTLY, RUN LONG

The follow-up to Long Slow Distance,
five years and one surgery later

Run Gently Run Long

**Bob Glover, Shelly-lynn Florence
Glover**



Run Gently Run Long:

Run Gently, Run Long Joe Henderson, 1978-06-01 **Going Far** Joe Henderson, 2011-11 **Best Runs** Joe Henderson, 1999 Explains that running is about much more than going farther and faster it s about having your best possible experience each and every time out **Running** Lindsey A. Freeman, 2023-02-10 In *Running* former NCAA Division I track athlete Lindsey A Freeman presents the feminist and queer handbook of running that she always wanted but could never find For Freeman running is full of joy desire and indulgence in the pleasure and weirdness of having a body It allows for a space of freedom to move and be moved Through tender storytelling of a lifetime wearing running shoes Freeman considers injury and recovery what it means to run as a visibly queer person and how the release found in running comes from a desire to touch something that cannot be accessed when still Running invites us to run through life legging it out the best we can with heart and style Cross-Country Running & Racing Jeff Galloway, 2010-10-07 Annotation This book presents all the training necessary to train for cross country races Galloway s successful training program explains how to build endurance train and race on hills varied terrain running speed training race strategies maximizing performance and reducing the risk of injury *Trail Running* Jeff Galloway, 2015-01-15 If you want to experience the real freedom of running in a natural surrounding and if the ever repeating runs in the streets start to bore you trail running is the right way to improve your running experience The charm of starting trail running is to find your own way on lonely mountain hiking trails and to set your own goals because no trail run can be compared to another Running guru Jeff Galloway offers his own approach of getting started with his unique way of guaranteeing an injury free running style With his Run Walk Run method Jeff helps beginners to start trail running the right way Advanced runners can use a specialized training program which will help them prevent overtraining injuries and other calamities you can encounter during intense training sessions The book covers a wide range of trail running equipment especially covering the whole range of trail running shoes If you want to jump start your trail run this is your complete guide **Cross-Country Running** Jeff Galloway, 2023-05-01 In this new edition Olympian and running coach Jeff Galloway brings his proven Run Walk Run method to cross country running Using his method and following the training plans provided every cross country runner will improve performance recover faster and reduce the risk of injury Jeff Galloway explains how to build endurance train and race on hills run on varied terrain implement speed training and race strategies all while maximizing performance He gives action plans for teamwork training and developing race methods and he also covers injury prevention and treatment that gets an injured runner back racing in no time The training programs incorporate Galloway s Magic Mile the best way to check and monitor training progress and are suitable for high school and college runners Runners are also given the tools to set realistic pacing goals for long runs and races and to reach peak performance in the 5K 1500m 2000m and 10K Every cross country runner and coach needs this book 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

Catalog of Copyright Entries. Third Series Library of Congress. Copyright Office,1976 **Triathloning for Ordinary Mortals** Steven Jonas,1999 The explosion of interest in physical fitness that has sent Americans running bicycling and swimming by the tens of thousands now extends to the fitness competition that combines all three triathloning Steven Jonas a former nonathlete who began endurance sports in middle age offers an accessible program for anyone from beginner to experienced jogger Dr Jonas s own experiences are the basis of this user friendly book directed to the person who wants to do more than just run He sets forth basic recommendations on equipment necessary for triathloning and outlines a three phased training program that will take the untrained beginner to a state of fitness where he or she can complete a triathlon of moderate distance The book includes a chapter on nutrition and a stretching program Dr Jonas has revised and updated the work to include information on how to run longer races how to train for the increasingly popular duathlon run bike run and new tips from his further fifteen years of experience Techniques fitness training equipment nutrition pre race the race itself a readable introduction for the aspiring recreational triathlete A new chapter on duathlons and how to run longer races and updated appendixes on the latest magazines and books of interest to triathlons Dr Steven Jonas has participated in 100 multi sports events **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 *The Run Walk Run Method* Jeff Galloway,2024-09-01 This is a new edition of the bestselling *The Run Walk Run Method* by running coach Jeff Galloway After developing his own Run Walk Run method which has a more than 99% success rate Jeff has helped hundreds of thousands of walkers and runners achieve their goals Jeff s plan uses a combination of running and walking intervals that help each person run their desired distance whether it s a 5K race or a half marathon and achieve their goal times The method is low milage and can fit into any schedule In this book Jeff not only outlines how to follow the Run Walk Run method but he also explores the principles of training as well as its mental and physical benefits He includes a training plan to get beginners started and he provides tips on how to find your Magic Mile time how to set up a running strategy and how to train mental strength He also includes advice on running with proper form and technique using drills to run better troubleshooting aches and pains preparing for and finishing a race and more Jeff Galloway believes everyone is designed to run and walk and he helps them to keep moving and to enjoy the exercise with his book *The Run*

Walk Run Method **Women's Running** Joan Ulliot, 1976 RunDisney Scott Douglas, Jeff Galloway, Molly Huddle, 2024-03-05 The first ever official guidebook by RunDisney the hugely popular road race division of The Walt Disney Company With this comprehensive guide readers will learn The basics of running while planning a most magical runcation to the Walt Disney World Resort or Disneyland Which race is the best for themselves or their family What gear is needed for a RunDisney event and what resources are available at the Disney parks The must have guide runDisney The Official Guide to Racing Around the Parks is written by Scott Douglas who writes extensively for Runner s World magazine and includes a foreword by Olympian and bestselling author Jeff Galloway Select expert sidebars by Galloway and Olympian Molly Huddle offer additional tips on training gear etiquette and more Running Until You're 100 Jeff Galloway, 2010 Olympian Jeff Galloway has worked with tens of thousands of runners in their 40s 50s 60s and 70s By using his run walk run method most are able to enjoy running with fewer aches and pains At the age of 60 Jeff reports no injuries in 27 years This book explains how to achieve this how to stay motivated and increase the enjoyment 100 Reasons to Run--now! Jeff Galloway, 2012 Presents a collection of motivational thoughts and tips intended to inspire runners to persevere through training covering such topics as running s health benefits challenges and ability to reveal hidden talents *Running High, Running Low, Running Long* Ben Rolfe, 2016-05-05 An inspiring story of fatty to fitty and the power of the mind Aged 30 Ben had a routine medical and was told he wouldn t see 40 unless he changed his lifestyle An overweight sedentary smoker Ben had a young family and busy career with little time for anything else 10 years later having completed many of the world s toughest ultra marathons including the Western States 100 the Ultra Trail of Mont Blanc and the Marathon Des Sables he was hit with life changing news when one of his daughters was diagnosed with Type 1 Diabetes Ben decided to undertake his toughest challenge yet to prove to her that anything was possible One evening departing from the bright lights of Monte Carlo he headed towards the mountainous terrain behind the Cote d Azur to run an unsupported 100km 62 5 miles trail run For most hardened ultra marathon runners this would be a feat in itself but for Ben he had something to prove choosing to descend the rugged terrain he had already climbed and run the Cro Trail a 130k 81 mile mountain trail ultra race A thrilling and yet down to earth account detailing a young working family man s journey to fitness his love of nature and travel evolves these stories can only inspire and motivate any reader Barefoot Running Step by Step Roy Wallack, Ken Saxton, 2011-05-01 Barefoot Ken Bob is The Master Long before anyone else was even talking about barefoot running he was perfecting the art Now after twenty years of teaching experimenting and merry marathoning as he calls it the first and best source of barefoot running knowledge is bringing his ideas to print And it s about time Christopher McDougall author of Born to Run A Hidden Tribe Super Athletes and The Greatest Race the World Has Never Seen Ken Bob Saxton a pioneer of the modern barefoot running movement has logged more miles in his birthday shoes than just about anyone I know and he has helped countless people run barefoot As one would expect this delightful book full of wit and wisdom is an invaluable guide for anyone who wants to run

barefoot avoid injury and have fun Daniel E Lieberman professor of Human Evolutionary Biology Harvard University This is a wonderful guide from the Godfather of barefoot running Irene Davis Ph D director of Spaulding National Running Center Harvard Medical School Learn Barefoot Running From the Master Almost overnight barefoot running has exploded onto the fitness scene However it involves more than simply taking off your shoes In fact everything you ve learned about barefoot running is probably wrong unless you ve learned it from Barefoot Ken Bob Saxton The leading instructor and proponent of unshod running he has completed 76 marathons barefoot survived an astounding marathon a month challenge in 2004 and gone on to top that with 16 marathons in 2006 including four in a 15 day period all barefoot Barefoot Running Step by Step separates the facts from the hype outlines Ken Bob s personal techniques and details the latest research on the newest trend in mankind s oldest sport Whether you barefoot run occasionally part time or full time you ll find methods for improving your form staying injury free dramatically improving your speed and performance and having more fun The Bent Knee Here is the hidden secret to perfect running form Learn how this crucial adjustment will keep you running stronger and injury free for life Vibrams and Minimalist Shoes Barefoot running is not a transition from shoes to minimalist shoes to bare feet It s the other way around Discover why you need to run barefoot before you use other footwear Start From the Head Proper barefoot form doesn t start at the feet Discover how to get the correct body biomechanics Ease Into It Here are the steps you need to take to make the transition from running in shoes to barefoot running as painless and easy as possible Improve Speed Barefoot running s injury reduction benefits are well touted however a new landmark study proves that barefooting even part time can make you faster Barefoot Running Step by Step is filled with series photos and illustrations that show you the do s and don ts of barefoot running the latest research and Ken Bob Saxton s personal experiences and insights for running barefoot for life *Running* John Stanton,2010-04-13 Running the simple act of putting one foot in front of the other is truly a life changing experience It starts with those basic steps and soon becomes the adventure of a lifetime Now in the Running Room s Book on Running veteran runner author John Stanton offers expert advice to help you get the most from your running This wonderfully illustrated book answers all your questions about running including Getting started and keeping it fun Building a program that works with your lifestyle Picking the right gear Running form posture and breathing Heart rate training made clear Types of running what to do and how to do it Nutrition for the runner Strength and cross training easy to manage exercise routines Women s issues related to running and running during pregnancy Avoiding and dealing with injuries Mental preparation and the psychology of running Tips for race day *Running Free* Joan Ulliot,1980

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