

# **RUNNING'S PSYCHOLOGICAL ADVANTAGES**

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How It Improves Mental Health



# Psychology Of Running

**Liyong Dong**



## Psychology Of Running:

*The Psychology of Running* Noel Brick, Stuart Holliday, 2023-09-20 Why do people run How can I improve my running performance Will running help me feel better The Psychology of Running provides a unique insight into why running is such a popular form of exercise and competition From evolutionary perspectives on why humans have needed to run and how our bodies have adapted for this function to discussing evidence based interventions that can improve running performance the book delves into the psychological motivations and benefits of running The book also considers ways in which running can be used for social change and life skill development highlighting how such a simple activity can have benefits for our physical and mental health Providing proven psychological strategies and techniques to help improve running performance and boost our individual self belief The Psychology of Running shows us how we can enjoy running no matter our age or ability

*Psychology of Running* Michael H. Sacks, Michael L. Sachs, 1981      **Running Flow** Csikszentmihalyi, Mihaly, 1990, Philip, Weinkauff Duranso, Christine, 2017-01-18 The ability to enter into a flow state of mind will help any runner overcome the psychological barriers associated with a race With Running Flow pioneering flow researcher Mihaly Csikszentmihalyi gives you tools and strategies for experiencing the power of flow      *Mental Toughness for Runners* Michele Ufer, 2019 Mental Training for Runners gives the reader highly effective methods for successful mental training including self coaching well founded training psychology and thought provoking strategies for self reflection The mental training presented in this book has been proven successful by numerous coaching sessions and by endurance athletes throughout the world who have achieved significant and often dramatic achievements after improving their motivation performance and well being with this mental training In addition the exercises are supplemented with case studies from various coaching sessions The book also delves into the science of mental training so that the reader may understand the reasons behind certain training concepts but always the focus remains on practicing and directly applying the methods to the runner s training This book will guide the reader through a personal assessment of his training so that he may develop an individually tailored mental training plan which can then be integrated into everyday sports life Every runner who reads this book will improve his mental training and ultimately his running performance The book presents in a unique way the experiences and the know how of a sports psychological expert who coaches numerous runners and other endurance athletes psychologically who also researches psychological aspects in running regularly reports on his work in lectures at scientific congresses and in magazine articles and who repeatedly achieves top 10 placings in international extreme races      **A Runner's Guide to Sport Psychology and Nutrition** Andrew Lane, Tracey Devonport, Wendy Nicholls, Marcia Blake, Christopher Fullerton, Christopher Sellars, 2014-12-15 1 How can I make time for running Tracey J Devonport and Wendy Nicholls 2 Why can't I deliver my race plan Using psychological strategies to help you deliver your best performance Christopher L Fullerton 3 Why am I so harsh on myself Examining your self talk when running on the limit Andrew M Lane 4 What do you think about when you run Applying

mindfulness to the games our minds play Wendy Nicholls and Tracey J Devonport<sup>5</sup> Should I use a GPS watch or heart rate monitor to pace my effort Developing a sense of feeling for intensity Christopher L Fullerton<sup>6</sup> Will my diet get me through the race Examining fuelling strategies used by runners Marcia Blake<sup>7</sup> How did I become an old jogger Christopher N Sellars

**Marathon Running: Physiology, Psychology, Nutrition and Training Aspects** Christoph Zinner, Billy Sperlich, 2016-03-19 The book contains recent research about physiology psychology nutrition and training aspects of Marathon Running of different age gender and performance level The basic knowledge of marathon running with explanations of the physiological and psychological mechanisms induced by marathon training with the associated adaptations and subsequent improved physiological capacities are presented in a reader friendly format for researchers and practitioners The book includes a full range of useful practical knowledge as well as trainings principles to guide the reader to run marathon faster After reading the book the reader is able to develop training plans and owns the knowledge about up to date scientific results in the fields of physiology psychology nutrition in marathon running

**The Art of Run Training** Mike Hamberger, Mike Hamberger M a, 2015-08-31 The sport of running has come a long way for amateur runners as race registrations and collective miles logged are at an all time high Along with this running boom comes an overabundance of information found in online articles and magazines some of which is often contradictory How do we piece it together and make sense of it all Using a conversational tone that makes the information easy to digest The Art of Run Training offers practical knowledge in three foundational areas psychology physiology and an effective approach for improved run mechanics As a successful coach over the past decade Mike Hamberger raises runners abilities and enhances their confidence to do so Some of the other notions highlighted in this book include 1 Running should be 10% mental not 90% 2 Switching running shoes will not change run mechanics 3 The instruction to run with short quick strides does more harm than good 4 Garmin watches or other GPS devices hamper running performance 5 Humans have better form when running fast not slow 6 The surging popularity of half marathons and marathons is causing most injuries 7 The need for a longer more strenuous off season phase than most runners attempt 8 A runner should not use a race as a training run Whether you are a coach or simply taking the do it yourself approach The Art of Run Training is a useful guide that blends science with a decade s worth of professional observations from the field so you ll gain new perspectives on the mental approach to training and racing For example you ll learn improved methods for correcting running form and teaching proper foot strike as well as the reason why many people struggle to make these corrections The Art of Run Training is packed with knowledge that is less commonly discussed within the running community

**Sport Psychology & Running** Brian P. Miller, 1987 Sports Psychology for Runners Gary Barber, 2006-01 Whether you are a fun runner or an Olympic athlete discover how you can incorporate mental training into your athletic program with Sports Psychology for Runners

**Psychology of Sports, Exercise, and Fitness** Louis Diamant, 1991 An exploration of the relationships between sports exercise and fitness SEF and

the human psychological condition The book adopts a holistic approach and discusses personal adjustment and mental health from the viewpoint of a number of areas of expertise in psychology

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