

Runners World Complete Book Of Running Everything You Need To Run For Fun Fitness And Competition Amby Burfoot

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Runner's World Complete Book of Running Amby Burfoot 2009

Explains key fitness and nutritional practices, providing coverage of everything from proper hydration and selecting appropriate footwear to improving endurance and marathon training.

Runner's World Train Smart, Run Forever - Bill Pierce 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.

The Incomplete Book of Running - Peter Sagal 2019-09-10

Peter Sagal, the host of NPR's Wait Wait...Don't Tell Me! and a popular columnist for Runner's World, shares "commentary and reflection about running with a deeply felt personal story, this book is winning, smart, honest, and affecting. Whether you are a runner or not, it will move you" (Susan Orlean). On the verge of turning forty, Peter Sagal—brainiac Harvard grad, short bald Jew with a disposition towards heft, and a sedentary star of public radio—started running seriously. And much to his own surprise, he kept going, faster and further, running fourteen marathons and logging tens of thousands of miles on roads, sidewalks, paths, and trails all over the United States and the world, including the 2013 Boston Marathon, where he crossed the finish line moments before the bombings. In The Incomplete Book of Running, Sagal reflects on the trails, tracks, and routes he's traveled, from the humorous absurdity of running charity races in his underwear—in St. Louis, in February—or attempting to "quiet his colon" on runs around his neighborhood—to the experience of running as a guide to visually impaired runners, and the triumphant post-bombing running of the Boston Marathon in 2014. With humor and humanity, Sagal also writes about the emotional experience of running, body image, the similarities between endurance sports and sadomasochism, the legacy of running as passed down from parent to child, and the odd but extraordinary bonds created between strangers and friends. The result is "a brilliant book about running...What Peter runs toward is strength, understanding, endurance, acceptance, faith, hope, and charity" (P.J. O'Rourke).

Runner's World Performance Nutrition for Runners - Matt Fitzgerald 2006

Draws on the latest scientific advice to provide an up-to-date nutrition reference specifically tailored to the needs of runners, covering such topics as proper hydration, customizing a diet for personal training needs, and speeding up recovery times. Original. 15,000 first printing.

Runner's World Run to Lose - Jennifer Van Allen 2015-12-22

Drop unwanted pounds and keep them off for good with Runner's World Run to Lose, your comprehensive

guide to weight loss from the experts at Runner's World. Running is proven to be one of the most effective, cost-efficient, and accessible weight-loss strategies. Weight loss and running are not one-size-fits-all, and Run to Lose provides everything you need to customize a unique diet and running program that works for you. Certified running coach Jennifer Van Allen and sports nutritionist Pamela Nisevich Bede show you how to incorporate running into an individualized nutrition and fitness program that will maximize your weight-loss results while improving your athletic performance. Whether you are a seasoned marathoner looking to shave minutes by shedding a few pounds or a beginning runner lacing up for the very first time, Run to Lose provides you with the tools and information you need to get started and stay on track. This book is full of guidance on tricky topics such as how to balance your weight-loss goals while consuming enough nutrients to power your workouts; how to maximize your calorie burn; the best high-quality/low-calorie carbs to fuel your run; and advice on how to avoid common diet pitfalls. Complete with easy-to-follow training guides and detailed meal plans, Run to Lose will help you shape up, get stronger, and achieve your fitness goals.

Running Injury-Free - Joseph Ellis 2013-09-03

Running Injury-Free uses anecdotal examples from Ellis's own patients and experiences in order to discuss injury-prevention, treatment, and recovery. He implements a clinical approach toward treating the most common running-related injuries, as well as providing detailed background situations to describe how each injury can happen, so the reader can recognize poor habits or compare training and running practices in his or her own experience. In this updated version, content relating to shoes and shoe selection, "over the counter" treatments, orthotic techniques and materials, Piriformis Syndrome, chiropractic medicine and acupuncture, stretching techniques, nutrition and supplements, injuries related to minimalist runners, as well as running issues for women, children, and endurance runners will be updated to reflect timely practices and research.

Complete Book of Running - Amby Burfoot 2004

An instructional overview of running from "Runner's World" magazine that covers beginning, nutrition, injury prevention, women's running, strength, endurance, speed, mental fitness, cross-training, and marathons.

Runner's World Complete Book of Women's Running Dagny Scott Barrios 2007-10-30

An updated guide specifically aimed at the growing population of women runners considers the challenges and problems faced by women when running, from clothing, injuries, safety, and nutrition to running during pregnancy and menopause, and includes expert advice on nutrition, weight loss, body image, and more for women of all fitness levels. Original.

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.

Runner's World The Runner's Brain - Jeff Brown 2015-09-29

As a runner, your biggest asset (or sometimes your greatest enemy) is your brain. What you think and feel on and off the road also has a huge influence over how you perform once you lace up. Runner's World The

Runner's Brain shows you how to unlock and capture the miraculous potential of the body's most mysterious and intriguing organ and rewire your mind for a lifetime of athletic success. The book is based on cutting-edge brain science and sports psychology that author Dr. Jeff Brown uses every day in his private practice and as part of the medical team of several major road races including the Boston Marathon. Full of fascinating insights from runners of all abilities—including champion marathoner Meb Keflezighi and other greats—the book includes trustworthy information that's been proven to work both in the lab and on the road.

Runner's World Training Journal - Runner's World Magazine 2006-09-19

A daily journal, with sidebar tips on cross-training, running, and nutrition.

Runner's World 2008-03

Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

Mile Markers - Kristin Armstrong 2011-03-01

In Mile Markers, Runner's World contributing editor Kristin Armstrong captures the ineffable and timeless beauty of running, the importance of nurturing relationships with those we love, and the significance of reflecting on our experiences. This collection considers the most important reasons women run, celebrating the inspiring passion runners have for their sport and illustrating how running fosters a vitally powerful community. With unique wit, refreshing candor, and disarming vulnerability, Armstrong shares her conviction that running is the perfect parallel for marking the milestones of life. From describing running a hardfought race with her tightly-knit group of sweat sisters, to watching her children participate in the sport for the very first time, Armstrong infuses her experiences with a perspective of hope that every moment is a chance to become a stronger, wiser, more peaceful woman. Running threads these touching stories together, and through each of them we are shown the universal undercurrents of inspiration, growth, grace, family, empowerment, and endurance.

The Complete Book Of Running For Women - Claire Kowalchik 1999-03-01

More women than ever are discovering the unique benefits of running -- for stress relief, weight management, endurance, and self-esteem. Women's bodies are not the same as men's, and though we can train just as hard and with the same passion for excellence, we have certain special concerns. Finally, there is a comprehensive guide exclusively for women who experience the pure joy of running, or want to. It's the simplest, fastest, most accessible way to fitness and good health known to woman. You don't need a partner, equipment, or even much time. Now, Claire Kowalchik, former managing editor of Runner's World magazine, answers every question about the overwhelmingly popular activity that builds endurance, melts fat, and even prevents illness. In this total running book for women, you'll learn: How to get started and stay motivated What to eat for optimal nutrition How to run during pregnancy and after menopause Why running is the most effective form of exercise How to prevent and treat injury What to wear -- from sports bras to running shoes How to prepare for everything from a 5K to a marathon Authoritative and friendly, The Complete Book of Running for Women is a sourcebook for both beginners and long-time runners. Along with wisdom drawn from the author's personal experience, you'll find advice from the experts: coaches, exercise physiologists, nutritionists, doctors, and other women runners. Including question-and-answer sections and a complete list of resources, The Complete Book of Running for Women tells you everything you need to know to be off and running toward better health and richer living.

Runner's World Race Everything - Bart Yasso 2017-10-10

How to be prepared no matter where running might take you Millions of runners around the US are interested in special experiences, whether it means running a bucket-list event like the Boston Marathon, or competing in beautiful and challenging locales such as Rome or Death Valley. Whatever race you choose, there is no one better to guide you on your journey than Bart Yasso, chief running officer at Runner's World magazine. Over the past 40 years, Yasso has run more than 1,000 races, across all seven continents, at every conceivable distance, from local 5Ks to grueling ultramarathons and Ironman triathlons. He's truly done it all, and in Race Everything, he shares the secrets of how he trained, the particularities of each course, and the specific insights he has gleaned to help you run your best no matter the distance. This book offers tried-and-true advice on how to train and what to do on race day to make the best use of your

training. It provides everything you need to know to succeed at the most popular race distances, including general training principles, targeted training plans for beginners and experienced runners alike, and insider tips based on Yasso's own experiences and those of other top runners he has known and run with. The goal is to inform and inspire runners eager to challenge themselves by tackling the world's signature races. You will also learn Yasso's methods for winning the greatest race of all, longevity, so that you can remain healthy, fit, and able to race for decades to come. Whether your goal is to complete a 5K or 10K race in your hometown or conquer the Antarctica Marathon, Runner's World Race Everything will be your guide.

Runner's World The Runner's Body Ross Tucker 2009-05-12

Every day scientists learn more about how the body adapts to the stress of running—and how various body systems contribute to running performance. Leading the charge is a fresh generation of brilliant young exercise physiologists including Ross Tucker and Jonathan Dugas, whose work has demolished many long-standing beliefs about running. Now Tucker and Dugas, whose blog, Science of Sport, has already created a devoted readership, join with esteemed fitness author Matt Fitzgerald to provide a captivating tour of the human body from the runner's perspective. Focusing on how runners at all levels can improve their health and performance, Runner's World The Runner's Body offers in a friendly, accessible tone, the newest, most surprising, and most helpful scientific discoveries about every aspect of the sport—from how best to nourish the runner's body to safe and legal ways to increase oxygen delivery to the muscles. Full of surprising facts, practical sidebars, and graphical elements, The Runner's Body is a must-have resource for anyone who wants to become a better—and healthier—runner.

The Runner's World Big Book of Marathon and Half-Marathon Training - Jennifer Van Allen 2012-06-05

The first dedicated book on marathon and half marathon training from the renowned experts at Runner's World Runner's World Big Book of Marathon and Half-Marathon Training gives readers the core essentials of marathon training, nutrition, injury prevention, and more. The editors of Runner's World know marathon training better than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book includes testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans. Runner's World Big Book of Marathon and Half-Marathon Training is a powerful and winning resource—the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

Runner's World Complete Book of Running Amby Burfoot 2009-12-22

The sport of running is ever changing, be it the shoes we wear or the goals we set, the training methods we use or the role models we emulate. But there is one constant: For 40 years, Runner's World magazine has been recognized worldwide as the leading authority on running. Now the collective wisdom of the most savvy running writers, coaches, and editors can be found in the Runner's World Complete Book of Running. Whether you are a beginner or veteran runner, here is advice—both timeless and cutting-edge—guaranteed to maximize your performance and enjoyment. Inside you'll find in-depth coverage of training and racing including:

- A surefire plan to get beginners hooked on running
- 15 surprising foods to boost your running performance
- A proven plan to increase speed by training less
- Tips from triathletes to maximize your training efficiency
- A woman's encyclopedia of running
- The big five running injuries and how to prevent them
- An innovative running plan for weight-loss
- Cross-training exercises that strengthen your core
- How to train for your first half-marathon
- Mental training tips for running a smart marathon

Packed with valuable advice from running's top experts on everything from building strength, speed, and endurance to nutrition and injury prevention, the Runner's World Complete Book of Running is the book you'll turn to again and again to answer all of your running questions.

Once a Runner - John L. Parker 2009-04-07

The undisputed classic of running novels and one of the most beloved sports books ever published, Once a Runner tells the story of an athlete's dreams amid the turmoil of the 60s and the Vietnam war. Inspired by the author's experience as a collegiate champion, the novel follows Quenton Cassidy, a competitive runner at fictional Southeastern University whose lifelong dream is to run a four-minute mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school's

athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history. A rare insider's account of the incredibly intense lives of elite distance runners, *Once a Runner* is an inspiring, funny, and spot-on tale of one individual's quest to become a champion.

The Runner's World Cookbook - Joanna Sayago Golub 2013-10-01

Runners need to eat well in order to perform, and what they eat can have a direct influence on how they run. The *Runner's World Cookbook* is the perfect combination of performance-boosting nutrients to maximize performance with easy, delicious, and quick recipes. This cookbook contains 150 recipes sourced primarily from the authoritative voice in running itself, *Runner's World* magazine, along with exciting additional content. These recipes are intended to maximize a runner's performance and enhance nutritional benefits. The book will include two recipe indexes with visual keys for classification at the start of each recipe, with V (for vegetarian), VE (for vegan), GF (for gluten free), and more. The first section of the book focuses on nutritional information and staple ingredients every runner should know, and the second part of the cookbook illustrates how to turn these facts into delicious, quick, and nutrient-boosting meals through delectable recipes. Every recipe will have an easy-to-follow icon system to identify key recipe attributes (i.e., recoveryfriendly; low-calorie; quick and easy), along with a nutrition guide that will offer readers tips on how to make the healthiest choices regarding that particular category of food. Divided by categories (Salads/ Soups/Stews, Sandwiches/Wraps/Burgers, Pizza/Pasta, etc.), these recipes are presented by types of dishes runner can look to for satisfying performance needs in appetizing ways.

Runner's World Essential Guides: Injury Prevention & Recovery - Editors of *Runner's World Magazine* 2012-09-04

What Every Runner Needs to Know about Getting (and Staying) Healthy In an ideal runner's world, every step of every mile would be 100 percent pain-free. No aches, no twinges, no lingering soreness from yesterday's workout. The reality is that many runners constantly deal with a slight (or not so slight) disturbance—a tender foot, a tight hamstring, a whiny knee. While these nagging issues often aren't serious enough to require a time-out, they are annoying, especially when they don't let you fully enjoy your time on the roads. *Runner's World Essential Guides: Injury Prevention and Recovery* is chock-full of helpful tips on how to avoid and recover from the most common injuries that plague runners. Presented in an easy to follow format and with dozens of handy sidebars, the practical information in this book will help keep runners on healthy, pain-free, and enjoying their running experience like never before.

Running & Being - George Sheehan 2014-04-01

A *New York Times* bestseller for 14 weeks in 1978, *Running & Being* became known as the philosophical bible for runners around the world. More than thirty years after its initial publication, it remains every bit as relevant today. Written by the late, beloved Dr. George Sheehan, *Running & Being* tells of the author's midlife return to the world of exercise, play and competition, in which he found "a world beyond sweat" that proved to be a source of great revelation and personal growth. But *Running & Being* focuses more on life than it does, specifically, on running. It provides an outline for a lifetime program of fitness and joy, showing how the body helps determine our mental and spiritual energies. Drawing from the words and actions of the great athletes and thinkers throughout history, Sheehan ties it all together with his own philosophy on the importance of fitness and sport, as well as his knowledge of training, injury prevention, and race competition. Above all, Sheehan describes what it means to experience the oneness of body and mind, of self and the universe. In this, Sheehan argues, we have the power to discover "the truth that makes men free."

Runner's World Best: Getting Started - Adam Bean 2006-05-30

Getting Started provides beginning runners with everything they need to know to get off on the right foot. Full-color photographs demonstrate proper running technique and equipment. Runners learn how to incorporate interval, tempo, and Fartlek training to achieve optimum performance from the start. Rounding out the volume are cross-training suggestions, along with valuable tips on increasing speed and endurance.

Runner's World 2008-06

Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

14 Minutes - Alberto Salazar 2013-04-09

In 2007, after collapsing on a practice field at the Nike campus, champion marathoner Alberto Salazar's heart stopped beating for 14 minutes. Over the crucial moments that followed, rescuers administered CPR to feed oxygen to his brain and EMTs shocked his heart eight times with defibrillator paddles. He was clinically dead. But miraculously, Salazar was back at the Nike campus coaching his runners just nine days later. Salazar had faced death before, but he survived that and numerous other harrowing episodes thanks to his raw physical talent, maniacal training habits, and sheer will, as well as—he strongly believes—divine grace. In *14 Minutes*, Salazar chronicles in spellbinding detail how a shy, skinny Cuban-American kid from the suburbs of Boston was transformed into the greatest marathon runner of his era. For the first time, he reveals his tempestuous relationship with his father, a former ally of Fidel Castro; his early running life in high school with the Greater Boston Track Club; his unhealthy obsession to train through pain; the dramatic wins in New York, Boston, and South Africa; and how surviving 14 minutes of death taught him to live again.

Runner's World Complete Book of Beginning Running - Amby Burfoot 2005-02-10

Runner's World Complete Book of Beginning Running by Amby Burfoot is the newest addition to the heralded *Runner's World* series focuses exclusively on the concerns of the tens of thousands of new runners who take up the sport every year. Recognizing that newcomers to a sport need all the help they can get, *Runner's World* now devotes an entire book to guiding the beginning runner through those challenging first days, weeks, and months. Peppered throughout with motivating tips and advice from those who have been there, this much-needed volume presents a can't-fail program that is sure to help new runners feel and look better and have more energy and less stress. Inside you'll find: • Information on nutrition and how to adjust your diet to fit your new running lifestyle • Training advice, including how to use cross-training, stretching, and strength exercises to keep enthusiasm up, weight down, and fitness at an optimum level • A special section for women runners Written by the executive editor of *Runner's World* magazine and covering every problem the new runner may encounter—from choosing the right shoes to preventing injury to preparing for a race—this authoritative volume provides all the information and inspiration any novice requires to turn running into a healthy, lifetime pursuit.

Girls Running - Melody Fairchild 2020-08-11

Running can shape a young athlete in healthy, positive ways for the rest of her life. *Girls Running* offers the guidance and tools girls need to thrive on their running journey, right from the start. With straight talk on training, physiology, menstruation, sports nutrition, a winning mindset, body image issues, gear, team-building, and competition, *Girls Running* educates and empowers young runners to achieve their potential and love running more. Inspired by high-school phenom Melody Fairchild's groundbreaking running journey, and with the coaching insight from Fairchild and coauthor Elizabeth Carey, *Girls Running* is a valuable toolkit for middle- and high-school runners. Backed by science, research, and over 100,000 miles of experience, this resource answers the most timely and sensitive questions that girls face when their bodies change and the miles increase. Girls, parents, and coaches will see ways to navigate puberty, mental health, eating disorders, and the pressures of competitive running. *Girls Running* is a go-to guide for everything girls need to know to run better—and love the journey while doing it!

Runner's World Meals on the Run - Joanna Sayago Golub 2015-10-06

Runners need to eat well for their performance, and what they eat can have a direct influence on how they run—but they don't always have the time to put together a complex or labor-intensive recipe to support their nutritional needs. *Runner's World Meals on the Run* provides quick, nutritious recipes for those runners who need to prepare a meal in 30 minutes or less. This cookbook contains 150 recipes with 75 beautiful photos that will maximize a runner's performance and enhance nutritional benefits. Suggested recipe combinations create specific training- or dietary-based meal plans to enhance your marathon training or gluten-free lifestyle. *Meals on the Run* provides time-efficient recipes for delicious meals you will be proud to put in your body.

Runner's World Running on Air - Budd Coates 2013-04-09

Renowned running coach Budd Coates presents Runner's World Running on Air, a revolutionary yet simple training method based on rhythmic breathing to help runners at all experience levels improve their performance, prevent injury, and experience the joy of running. Validating his method through a mix of accessible science, Eastern philosophy, and the experiences of test subjects, Coates shows readers how focusing on their breathing brings their minds and bodies into harmony and helps them run stronger, faster, and more comfortably. Rhythmic breathing increases lung volume; improves awareness and control; helps prevent injury and side stitches; improves running for those with asthma; allows runners to quickly set a pace for quality training and racing; and helps athletes manage muscle cramps. This book reviews the basics of rhythmic breathing, teaching readers how to perform it while walking and, eventually, while running. Weeklong sample schedules from different programs shows readers how to apply the rhythmic breathing scale to any workout. Coates also touches on the importance of stretching, cross-training, and core training and provides detailed training plans and schedules.

The Runner's World Complete Book of Running - Amby Burfoot 2003

This title contains advice for every step of a runner's development. It includes advice from Olympic champions and authors who run, and offers precise techniques, detailed instructions and calendar countdowns for big events. There is also advice on shoes, energy drinks and common injuries.

Complete book of running for beginners - Amby Burfoot 2005-01-01

Everything you need to know to begin running for pleasure, for health - for life! From the first steps you take (and the shoes you take them in) to building a sound training plan, boosting your endurance and learning to run with an ease and speed you could never have imagined possible, The Runner's World [registered] Complete Guide to Beginning Running covers every aspect of the sport. There is guidance on nutrition, injury prevention and cross training; there are motivating real-life stories (including that of Oprah); and, for those who need a little extra help, specially designed 2-month and 6-month step-by-step plans.

Runner's World Runner's Diet - Madelyn H. Fernstrom 2005-09-15

A comprehensive eating plan for novice and experienced runners alike is designed to help athletes achieve maximum performance while controlling one's weight, introducing a realistic, lifetime program that can be tailored to individual activity levels. Original. 20,000 first printing.

Runner's World How to Make Yourself Poop - Meghan Kita 2018-06-05

Every runner knows how important it is to prevent an unfortunate bathroom accident midrun. This book can show you how. For any runner who wants a quick, easy reference guide to every running issue under the sun, look no further. With tips on training, nutrition, gear, motivation, health, and racing, Runner's World How to Make Yourself Poop is essential reading for runners who want to improve their performance. From "The Best Way to Tie Your Shoes" to "9 Tactics for Busting Out of a Running Rut" and everything in between, these short, easy-to-use tips from reliable experts are the perfect gift for any runner in your life.

Runner's World Complete Guide to Minimalism and Barefoot Running - Scott Douglas 2013-03-12

Draws on the knowledge of coaches and other running experts to show how and why to make the move safely to running in less shoe and explains why most runners should consider minimalism.

Runner's World Your Best Stride - Jonathan Beverly 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 Run Less Run Faster - Bill Pierce 2021-01-19

Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the Wall Street Journal and featured twice in six months in cover stories in Runner's World magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the "3 plus 2" program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed -2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, Runner's World executive editor and Boston Marathon winner, calls the FIRST training program "the most detailed, well-organized, and scientific training program for runners that I have ever seen."

Runner's World Guide to Running & Pregnancy - Chris Lundgren 2003-09-20

A pregnant reader's guide to staying active and fit during pregnancy arms expectant mothers with everything they need to know about running during this important time, presented in a month-by-month format. Original. 15,000 first printing.

Runner's World Guide to Road Racing - Katie McDonald Neitz 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.

Runner's World Run to Lose - Jennifer Van Allen 2015-12-22

Running burns an incredible amount of calories, making it one of if not the most effective weight loss strategies around. And running is accessible to nearly everyone all over the world. This book provides the information you need to begin running for weight loss as well as the tools to stay on track. Runner's World Run to Lose will serve the seasoned athlete as well as the couch surfer, offering guidance on matters like how to strike a balance between getting enough nutrients to fuel workouts while cutting enough calories to meet weight loss goals, how to time calorie-and-nutrient intake to maximize workout power and recovery time, and how to get the highest-quality/lowest-calorie carbs to fuel workouts, among other invaluable tips.

The Runner's World Big Book of Running for Beginners - Jennifer Van Allen 2014-04-01

Every day, people are reaching their get-up-or-give-up moments and resolving to change. And they're realizing that running is the simplest, cheapest, and most effective way to lose weight, gain confidence, and relieve stress. For newcomers, the obstacles are fierce. There are fears of pain and embarrassment. There are schedules jam-packed with stressful jobs, long commutes, endless meetings, and sticky-fingered toddlers. The Runner's World Big Book of Running for Beginners provides all the information neophytes need to take their first steps, as well as inspiration for staying motivated. The book presents readers with tips for smart nutrition and injury prevention and includes realistic training plans that enable beginning runners to achieve gradual progress (by gearing up for a 30-minute run, a 5-K, or even a 5-miler). Above all, it will show newbies just how fun and rewarding the sport can be, thanks to the help of several "real runner" testimonials.