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A runner's business

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（美）皮特·普菲青格（Peter Pfitzinger）
斯科特·道格拉斯（Scott Douglas） 著 李俊 译

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ADVANCED MARATHONING

致所有愿意刻苦并且愿意聪明训练的跑者

你可以跑得更快

〔美〕皮特·普菲青格（Peter Pfitzinger） 著 李俊 译
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Advanced Marathonning 2nd Edition

Puleo, Joe, Milroy, Patrick



Advanced Marathonning 2nd Edition:

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innovative approach runners will mold real marathon muscles train their body to never hit the wall and prepare to run their fastest marathon You might expect a training program devised by the Hanson brothers to be a little different than the usual rehashing of principles and schedules Given the success of athletes from the Hansons Brooks Distance Project you wouldn't be surprised if it was effective too Runner's World *Advanced Marathoning* Pete Pfitzinger, Scott Douglas, 2005-07-10

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The Art of Running Daisy Edzel, 2017-03-27 How an out of shape exercise hating beginner can transform to an impressive long distance runner within months Looking to go from couch potato to a physically fit and healthy runner heck even a FULL marathon finisher This book has it all It contains all the resources for a complete beginner up to novice level to succeed at this physically and mentally demanding sport You will be armed with techniques outergame and psychological tools for motivation innergame to help you keep up with the inner turmoils motivation related issues and other hardships especially in long distance runs where every part of your being just wants to give up I will not waste your precious time with useless information you won't use Instead I'll provide practical and straight forward solutions daily and weekly plans resources section and the best practices to help you succeed YOU will be armed to the teeth with everything you could ever need to finish your first long distance races and beyond Here's what you can expect to learn from this course What it Takes to Run a Marathon Timeframe Beginner Stage Intermediate Level Advanced Level Mental Preparation Setting Goals Running Alone Versus Running with a Buddy How to Use Running Gadgets Get Enough Rest Distinguishing Between Good Pain and Bad Pain Having a Proper Form and Breathing Technique Which Part of Your Foot Should Strike The Ground First Different Training Styles Training Gear Clean Bill of Health Warming Up and Cooling Down Marathon Race Strategies Running Motivations How to fall in love with running Avoid running injuries Running schedules and plans Marathon Specific Training Trail Running Tips and Mistakes to Avoid Uphill and Downhill Running Running and Losing Weight Heart Rate Training And much much more Grab your copy here *IronFit's Marathons after 40* Don Fink, Melanie Fink, 2017-03-01 The only marathon training guide athletes forty and older will ever need Updated with full color exercise photography cutting edge training strength core and flexibility programs and specific instruction for the most popular version of the marathon the Half Marathon this book starts with a simple premise training methods for younger athletes no longer work for athletes over forty Melanie and Don Fink present step by step action plans for faster times fewer injuries and more enjoyment for the Master's

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Barefoot Running Book Second Edition: A Practical Guide to the Art and Science of Barefoot and Minimalist Shoe Running Jason Robillard,2010 The Barefoot Running Book second edition provides expert advice for new and experienced runners interested in making the transition to barefoot or minimalist shoe running Why Because runners find shedding their heavy overly cushioned shoes provides a more enjoyable running experience while reducing injury and allowing better form Jason Ribald uses a combination of research collaboration and his own experiences to bring the latest methods for making a safe enjoyable transition to barefoot or minimalist shoe running This new expanded second edition includes training plans information on ultramarathons photos tested running tips and helpful hints Includes contributions from top barefoot runners and experts including Barefoot Ted McDonald Barefoot Rick Roeber Dr Daniel Lieberman Dr Michael Nirenberg Dr Mark Cucuzzella Dr Scott Hadley Dr Joseph Froncioni and many more **Mastering the Marathon** Don Fink,2010-09 In

Mastering the Marathon champion forty plus endurance athlete and trainer Don Fink sets forth programs for anyone over forty presenting exciting new training methods and step by step action plans that result in faster times fewer injuries and more enjoyment Faster Road Racing Pfitzinger, Pete,Latter, Phillip,2014-11-06 In Faster Road Racing 5K to Half Marathon renowned running authority Pete Pfitzinger and Running Times senior writer Philip Latter present training plans for the most popular race distances as well as advice on recovery cross training nutrition tapering and masters running

Applied Sport Management Skills, Second Edition (With Web Study Guide) Robert N. Lussier, PhD and David C. Kimball, PhD , **The Everything Running Book** Art Liberman,Randy Brown,Eileen Myers,2011-12-18 Running can help you lose weight create a healthy body image and boost your self esteem No matter your fitness level you too can enjoy the benefits of this sport With this book you ll gain the knowledge and tools you need to run a 10K a marathon or just a lap

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Table of Contents Advanced Marathonning 2nd Edition

1. Understanding the eBook Advanced Marathonning 2nd Edition
 - The Rise of Digital Reading Advanced Marathonning 2nd Edition
 - Advantages of eBooks Over Traditional Books
2. Identifying Advanced Marathonning 2nd Edition
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Advanced Marathonning 2nd Edition
 - User-Friendly Interface
4. Exploring eBook Recommendations from Advanced Marathonning 2nd Edition
 - Personalized Recommendations
 - Advanced Marathonning 2nd Edition User Reviews and Ratings

- Advanced Marathonning 2nd Edition and Bestseller Lists
- 5. Accessing Advanced Marathonning 2nd Edition Free and Paid eBooks
 - Advanced Marathonning 2nd Edition Public Domain eBooks
 - Advanced Marathonning 2nd Edition eBook Subscription Services
 - Advanced Marathonning 2nd Edition Budget-Friendly Options
- 6. Navigating Advanced Marathonning 2nd Edition eBook Formats
 - ePub, PDF, MOBI, and More
 - Advanced Marathonning 2nd Edition Compatibility with Devices
 - Advanced Marathonning 2nd Edition Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Advanced Marathonning 2nd Edition
 - Highlighting and Note-Taking Advanced Marathonning 2nd Edition
 - Interactive Elements Advanced Marathonning 2nd Edition
- 8. Staying Engaged with Advanced Marathonning 2nd Edition
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Advanced Marathonning 2nd Edition
- 9. Balancing eBooks and Physical Books Advanced Marathonning 2nd Edition
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Advanced Marathonning 2nd Edition
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Advanced Marathonning 2nd Edition
 - Setting Reading Goals Advanced Marathonning 2nd Edition
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Advanced Marathonning 2nd Edition
 - Fact-Checking eBook Content of Advanced Marathonning 2nd Edition
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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