

Personal Running Trainer

Mike Hamberger, Mike Hamberger M a

Run to the Finish Amanda Brooks, 2020-03-03 Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an average runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves middle of the pack runners -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as Favorite hilarious marathon signs and Weird Thoughts We all Have at the Start Line, Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

Not Your Average Runner Jill Angie, 2017-12-29 Run for fun—no matter your size, shape, or speed! Do you think running sucks? Do you think you're too fat to run? With humor, compassion, and lots of love, Jill Angie explains how you can overcome the challenges of running with an overweight body, experience the exhilaration of hitting new milestones, and give your self-esteem an enormous boost in the process. This isn't a guide to running for weight loss, or a simple running plan. It shows how a woman carrying a few (or many) extra pounds can successfully become a runner in the body she has right now. Jill Angie is a certified running coach and personal trainer who wants to live in a world where everyone is free to feel fit and fabulous at any size. She started the Not Your Average Runner movement in 2013 to show that runners come in all shapes, sizes, and speeds, and, since then, has assembled a global community of

revolutionaries who are taking the running world by storm. If you would like to be part of the revolution, this is the book for you!

Personal Best Running Mark Coogan, Scott

Douglas, 2023-02-03 *Personal Best Running* offers training programs and race strategies from champion runner and coach Mark Coogan. He shares his successful formula for running fast--while staying healthy and happy--without running taking over your life.

The Cool Impossible Eric Orton, 2014-05-06 Featured in the book *Born to Run*, running coach Eric Orton offers a guide for every runner... Natural running is more than barefoot running. It's about the joy of running that we were all born with and can reawaken. With a program focused on proper form, strength development, and cardiovascular training, Orton will help beginners, competitors, and enduring veterans reach "the cool impossible"—the belief that any achievement, athletic or otherwise, is within our reach. Inside you'll find: * Foot strength exercises for runners to catapult performance, combat injuries, and transform technique * A total-body-strength program designed for runners * Step-by-step run-form coaching for performance and lifelong healthy running * A training program for building endurance, strength, and speed * No-nonsense nutrition for runners * Visualization and mind-training tactics to run and live the Cool Impossible * And much more...

ATHLETICISM IS AWARENESS—awareness of form and technique, awareness of our effort level, and, most important, awareness of what we think. And with that awareness comes the endless potential for mastery and achievement beyond anything you thought possible. INCLUDES PHOTOS

Setting the Pace Sue E. Jones, 2013-01-27 With all the books about running and training on the market, there is now one designed specifically with the young runner in middle and high school in mind. In this easy-to-read book, author, Sue E. Jones, describes the phases of a training plan and how to set up a

running week. She discusses proper nutrition, stretching, and gives you a step-by-step race day scenario. While initially intended for the young runner, this book is useful to the beginning runner of any age. Interspersed throughout are stories from Jones's personal running experience, which spans over 32 years of running and 180 races. Many of these stories provide useful tips, ranging from cold weather running to what to eat before a race. Don't get left behind. Come along on the journey and train to be your best!

Fast 5K Pete Magill, 2019-09-10 Spend two hours with Pete Magill's Fast 5K and you'll know how to run your fastest 5K. In his fast-paced, ultimate guide to 5K running races, celebrated running coach Pete Magill reveals the 25 crucial keys to setting your next 5K PR. Magill shares hard-earned lessons he gained while leading 19 teams to USA national championships and setting multiple American and world age-group and masters records. Fast 5K shares Magill's essential keys to finding your fastest running fitness and race readiness. The 25 keys include optimal training mileage, effective tempo runs, VO2 max workouts, hill repeats, plyometrics that work, ways to prevent injuries, recovery tips, guides to diet and racing weight, choosing racing flats, and much more. Offering three 12-week and one 16-week 5K training plans, Fast 5K is the key to your best 5K running times. Pete Magill is a world-class 5K runner, personally holds multiple American and world age-group records in track & field and road racing and is a 5-time USA Masters Cross Country Runner of the Year. Now in this distilled guide, you can get world-class advice on how to run your fastest 5K ever.

Hal Higdon's Half Marathon Training Higdon, Hal, 2016-03-01 Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

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!

Dr. Nicholas Romanov's Pose Method of Running

Nicholas S. Romanov, 2002 Running barefoot isn't as natural as we're led to believe. Recent studies have shown that up to 85% of runners get injured every year, how natural is that? The most important question that running barefoot or naturally doesn't address is how we should run. Repetitive ground impact forces are at the root of most running injuries. A 30 minute jog can log more than 5,000 foot strikes; its because of this volume of movement that efficient

Run Strong Kevin Beck, 2005 Based on the latest research into the best nontraditional training methods, this handbook provides supplementary training and recovery methods that can significantly improve a runner's performance. 135 photos.

Hansons Marathon Method Humphrey Luke, 2012-11-27 In *Hansons Marathon Method*, the coaches of the Hansons-Brooks Distance Project reveal the methods they've used to turn their runners into race winners, national champions, and Olympians. *Hansons Marathon Method* offers a radical overhaul of marathon training that promises to turn any runner into a true marathoner and help experienced marathoners set new personal bests. *Hansons Marathon Method* does away with mega-long runs and

high-mileage weekends--two outdated traditions that make most runners miserable. Instead, runners using the Hansons method will gradually build up to the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout the week. Running easy days mixed with precisely paced speed, strength, and tempo workouts, runners will steel their bodies and minds to run the hardest miles of the marathon. Both Beginner and Advanced training programs feature the unique Hansons 16-mile long run which, as part of the Hansons program, is ideal for preparing the body for the marathon. Humphrey explains how runners should set their goal race pace and shows how to customize the Hansons method to their own needs, like adding extra racing, running more miles, and handling training interruptions. Detailed nutrition and hydration chapters help runners pinpoint their personal energy and hydration needs so they know precisely how much to eat and drink during workouts, race week, race day, and for recovery. The Hansons approach to pacing and nutrition means marathoners will never hit the wall. Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the nation. Using this innovative approach, runners will mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon.

Not Your Average 5k Jill Angie, 2016-03-24 Not Your Average 5K is a highly readable and engaging book that will have you BELIEVING you can do a 5K in eight weeks and provides a roadmap with plans to accomplish it. It is authentic, thorough, and motivational from start to finish! We highly recommend this book for anyone wanting to do their first 5K. -Adam Goucher and Tim Catalano of Run The Edge

Faster Road Racing Pete Pfitzinger, Philip Latter, 2014-11-24 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 Rewired Jay Dicharry, 2024-04-30 Become a stronger, faster, and more durable runner with a program created by America's leading endurance sports physical therapist—now updated to include the latest research and a new chapter to help runners combat common overuse injuries. In this second edition of *Running Rewired*, Jay Dicharry distills cutting-edge biomechanical research into 16 workouts any runner can slot into their training program to begin seeing real results in as soon as 6 weeks. For better or worse, your body drives your running form. *Running Rewired* will show you how to shed old injuries, mobility problems, weaknesses, and imbalances and rewire your body-brain movement patterns. You'll rebuild your dynamics and transform your running within one season. The rebuilding process targets the four essential skills required for faster, safer running. Runners must practice quality movement as they build strength for their sport. In this new edition of *Running Rewired*, you'll find: 11 self-tests for joint mobility, posture stability, rotation, and alignment 80 exercises to fix blocks, move with precision, build strength, and improve power 16 rewire workouts to amplify any training plan from 5K to ultramarathon New research-driven strategies to optimize your bones, tendons, and muscles for the demands of running New instruction to guide everyone from new

+ young runners to masters and elite runners on successfully implementing the Running Rewired program Dicharry's Running Rewired pulls in the best practices from the fields of physical therapy, biomechanics, and sports performance to optimize your body and your run for durability, longevity, and success.

Marathoning for Mortals John Bingham, Jenny Hadfield, 2003-05-02 Once considered a feat for superhuman athletes, the marathon is now within every mortal's grasp. Former couch potato John Bingham has joined forces with coach Jenny Hadfield to create a winning plan that works for every mortal—even you. In *Marathoning for Mortals*, you'll find the courage to train, the willpower to persevere, and the tenacity to finish one mile after another. John and Jenny stick with you every step of the way, from your first insecure thoughts to your last-minute jitters to your supreme joy at the finish line. In *Marathoning for Mortals*, you'll find:

- 8 training programs to run, run-walk, walk-run, or walk the half-marathon and marathon
- The advice you need to physically, mentally, and spiritually reach your dreams
- Tips to help you customize your training, buy the right shoes and apparel, and eat the best foods
- Guidance for common motivational, physical, and emotional roadblocks

Join John and Jenny on an amazing transformative journey where the finish line is just the beginning.

Ultra Marathon Training Wolfgang Olbrich, 2012 Errata slip inserted between pages 58-59.

Quick Strength for Runners Jeff Horowitz, 2013-12-04 *Quick Strength for Runners* offers a smart, fast-paced strength training program for runners who want to run faster and with fewer injuries. In under an hour a week, runners will strengthen their core and key running muscles to build a better runner's body. Strength training is crucial to better running and injury prevention. But it's difficult to know which exercises work best for runners or to get motivated to hit the gym. In *Quick Strength for Runners*, running coach and personal trainer Jeff Horowitz

simplifies strength training into just two 20-minute workouts per week, with no gym or pricey equipment required. Designed specifically for runners, the Quick Strength program pinpoints the exercises that really work. Inside you'll find: A guide to how strength training leads to better running form and fitness 40 targeted exercises, with step-by-step photos and clear instructions Progressive workouts and advanced form options to increase strength as fitness improves A focused and efficient 8-week strength training program Tips on designing your own long-term workout program for a lifetime of fitness Quick Strength for Runners makes it easy for runners to build a better runner's body. This highly effective, easy-to-implement program will make you a stronger, faster runner in under an hour a week so you can stay on the road or trail.

Full-Body Fitness for Runners Thad H. McLaurin, 2014-05-27 (Black & White Edition) Runner's World Chief Running Officer Bart Yasso, says Thad [McLaurin] banded together with some of most knowledgeable people in the running industry to pull together the informative *Full-Body Fitness for Runners*. Everything from fuel, stretching, running form, and workouts to keep you fit for life. In *Full-Body Fitness for Runners*, running coach and personal trainer Thad McLaurin shows how to incorporate upper-body, lower-body, and core exercises into your weekly running and fitness routine. Without the need for expensive equipment or lots of time you'll be running longer, stronger, faster, and healthier no matter what your age. Providing over 90 exercises for runners, nutrition tips from Olympian Jeff Galloway, fueling recipes from experts such as endurance runner Dean Karnazes and ChiRunning founder Danny Dreyer, good running form tips, and more, *Full-Body Fitness for Runners* is a must-have resource for every runner. Three levels of workouts (Novice, Intermediate, Advanced) are divided into lower-body/core and upper-body/core circuits. Each circuit consists of 12 exercises designed to build muscular endurance to support

your running. Inside you'll find: Jeff Galloway's before-, during-, and after-running nutrition tips Anatomy of a runner Five steps for getting started Acclimation and what to expect 10 tips for new runners Stretching How to complete the workouts Lower-Body/Core Workouts (Novice, Intermediate, Advanced) Upper-Body/Core Workouts (Novice, Intermediate, Advanced) Full-body exercises Additional core exercises Partner exercises How to fit the workouts into your week Good running form Wise Choice foods for runners Pre-, during-, and post-run snack ideas Recipes from the experts Whether new to running or a seasoned runner, Full-Body Fitness for Runners will make you a stronger runner providing for years of healthy running.

Daniels' Running Formula Jack Daniels, 2014 Recommended by Runner's World magazine as the best training book by the world's greatest coach, Daniels' Running Formula provides an expert training and racing blueprint for dedicated runners of all abilities.

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.

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