Runkeeper 2902

Tom Jordan

EUNNER'S WORLD RUN LESS, RUN FASTER BILL PIERCE, SCOTT MURR, RAY MOSS, EDITORS OF RUNNER'S WORLD MAGA, 2012-04-10 THE FURMAN INSTITUTE OF RUNNING AND SCIENTIFIC TRAINING (KNOWN AS FIRST) IS DEDICATED TO MAKE RUNNING MORE ACCESSIBLE AND LIMIT OVERTRAINING AND BURNOUT WHILE PRODUCING FASTER RACE TIMES. FIRST IS ONE OF THE FOREMOST EXPERTS IN THE WORLD ON THE SCIENCE OF RUNNING; ITS AUTHORITY IS UNMATCHED AND THE PROMISE OF TRAINING LESS AND ACCOMPLISHING MORE HAS MADE THE FIRST TWO EDITIONS OF RUN LESS, RUN FASTER A SOLID AND STEADY SELLER. WITH 50 PERCENT UPDATED CONTENT, THIS NEW EDITION OF RUNNER'S WORLD RUN LESS, RUN FASTER BY BILL PIERCE, SCOTT MURR, AND RAY MOSS CONTINUES TO PROMISE THE SAME TANTALIZING RESULTS: READERS CAN GET STRONGER, FASTER, AND BETTER BY TRAINING LESS. IT WILL ALSO INCLUDE MORE SECTIONS FOR NOVICE RUNNERS, BROADENING THE AUDIENCE APPEAL, AS WELL AS TRAINING PLANS TAILORED TO THE NEW QUALIFYING TIMES FOR THE BOSTON MARATHON. THE QUALITY-OVER-QUANTITY APPROACH OPTIMIZES TRAINING TIME AND YIELDS BETTER PERFORMANCE—RESULTS RUNNERS WILL LOVE NO MATTER WHAT DISTANCE THEY ARE RACING.

P THE CONDITIONING OF DISTANCE RUNNERS THOMAS J. OSLER, 2019-11-23 THE TRAILBLAZING 1967 TRAINING GUIDE FOR RUNNERS, WITH A NEW FOREWORD BY 1968 BOSTON MARATHON CHAMPION AMBY BURFOOT

Tom Jordan, 1996-12-01 Looks at the life of the long-distance runner who had 25 consecutive wins for distance races over a mile, and who fought for adequate funding for American amateur athletics

EUNNING HIGH SCHOOL CROSS-COUNTRY, THE SOUTHWEST WAY P.M. HALL, 2020-09-29 THE DOMINANCE OF SOUTHWEST HIGH SCHOOL CROSS-COUNTRY IS OUTLINED FROM THE BEGINNING, IN 1942, THROUGH TO 1980. THE PHENOMENAL SUCCESS OF THE PROGRAM IS EXPLAINED. WE FOLLOW THE AUTHORS' JOURNEY THROUGH HIS SENIOR SEASON, IN 1972. SEE HOW THE AUTHOR USES THE "SOUTHWEST SYSTEM" DURING HIS COACHING CAREER TO OBTAIN MANY SUCCESSES OVER A 30+ YEAR COACHING CAREER. THE BOOK HAS RUNNING TIPS SCATTERED THROUGHOUT FOR ANY LEVEL OF HIGH SCHOOL OR MIDDLE SCHOOL RUNNER, NO MATTER WHAT THE EXPERIENCE LEVEL. IT ALSO HAS COACHING TIPS AND ANECDOTES THROUGHOUT AS WELL AS A SUMMARY AT THE END OF THE BOOK.

Disce a Runner John L. Parker (Jr.), 2009 Originally self-published in 1978, this book became a rite of passage for many runners. It is the story of Quenton, a collegiate runner whose lifelong dream is to run a four-minute mile. When he becomes involved in an anti-war protest, he is suspended from the track team.

Skyblue Background Woman Running Journal My Running Journal, 2015-10-10 Designed For Runners Every Runner knows that to get faster, run farther and be their best, they need to track their achievements. Not just the races they win but the training that got them there. This running log is designed to ensure you capture the most important information you need to know. Winging it does not lead to success. Track a full year's worth of daily runs with ample space for recording your route, distance, weather, how you felt and much more. You also get a week at a glance summary at the end of each week for quick reference. With each week being undated, you have the flexibility to fill it out as you see fit and let's hope you never use the injury section. Journaling your runs is an excellent way to stay motivated and to enhance personal performance. If you are ready to take your running to the next level then grab your running log today! Scroll up and hit the orange buy button. Running Jeff Savage, 1995 Introduction to the sport of running for young athletes. Working Out.

P Y RUN ACROSS THE UNITED STATES DON SHEPHERD, 1970-01-01

BUNNING FOR MORTALS JOHN BINGHAM, JENNY HADFIELD, 2007-04-17 THE AUTHORS OF MARATHONING FOR MORTALS -JOHN THE PENGUIN BINGHAM AND COACH JENNY HADFIELD, MA, CPT - NOW SHOW BEGINNING RUNNERS HOW TO FIT RUNNING INTO THEIR LIFESTYLE EASILY YOU DON'T HAVE TO RUN FAST OR COMPETITIVELY TO REAP THE REWARDS THAT RUNNING HAS TO OFFER. WHAT YOU DO NEED IS THE COURAGE TO START. THAT IS THE PENGUIN MANTRA THAT HAS ENABLED JOHN BINGHAM—THROUGH HIS BEST-SELLING BOOK NO NEED FOR SPEED, HIS POPULAR MONTHLY COLUMN FOR RUNNER'S WORLD MAGAZINE, AND HIS MANY APPEARANCES AT MAJOR RUNNING EVENTS THROUGHOUT THE YEAR—TO INSPIRE THOUSANDS OF MEN AND WOMEN TO TAKE UP THE SPORT FOR FITNESS AND THE SHEER ENJOYMENT THAT RUNNING BRINGS THEM. BY TEAMING UP WITH COACH JENNY HADFIELD, HIS WIFE AND COAUTHOR ON MARATHONING FOR MORTALS, BINGHAM LAYS OUT STRATEGIES THAT WILL HELP READERS TO SAFELY AND EFFORTLESSLY INTEGRATE RUNS INTO THEIR BUSY SCHEDULES. IN THIS BOOK, BACKED BY RUNNER'S WORLD, THE AUTHORITY OF AMERICA'S LEADING RUNNING MAGAZINE, THE AUTHORS PROVIDE TIPS FOR GETTING STARTED, STICKING TO A ROUTINE, EATING FOR ENERGY, HYDRATION, AND TRAINING FOR SPEED AND ENDURANCE.

Distance Running. Whether You are a teenager who enjoys running the mile, a hobby runner who wants to be fitter and faster, or a high-level athlete aiming for Olympic gold, this book has training tips and plans to suit your needs. There is a specific way that the body improves. If the right phases of training are used at the right times, then an athlete (from a beginner or hobby runner to an elite, high-level runner) can benefit from this scheduling. By using a scientific method developed by author and runner Terry Hamlin, this book utilizes physiology, biochemistry, and periods of stress and recovery to create the most effective program for runners looking to better themselves athletically. Hamlin wants runners to understand how the body works on a kinetic and cellular level. Additionally, he hopes to help runners understand that its possible to remove your frustration with not improving and make the sport of running an exciting, lifelong pursuit. Are you ready to run the distance? -- Amazon.com.

EXAMPLE AAVO RUN C D WARREN, 2019-04-04 AUGUST 1975; BRIAN PETTIT MUST SEND A 500 WORD COMPOSITION HE FAILED TO TURN IN THE PREVIOUS SPRING TO HIS ENGLISH INSTRUCTOR TO BE ELIGIBLE TO COMPETE IN THE UPCOMING FALL CROSS COUNTRY SEASON. INSTEAD HE SENDS A 60,000 WORD EXPLANATION BY RELATING WHAT OCCURRED OVER THE LAST DAYS OF MAY INCLUDING THE ANTICIPATED RECONCILIATION WITH HIS FORMER GIRLFRIEND, HIS CONFERENCE TRACK & FIELD MEET IN EUGENE AND THE DEATH OF HIS BOYHOOD IDOL STEVE PREFONTAINE; AND AS HE EXPLAINS IN AN OPENING LETTER DESCRIBING THAT TRAGIC AND CRAZY TIME-I AM GOING TO TELL YOU A FEW THINGS ABOUT RUNNING.

PAAVO RUN C. WARREN, 2014-05-15 AUGUST 1975; BRIAN PETTIT MUST SEND A 500 WORD COMPOSITION HE FAILED TO TURN IN THE PREVIOUS SPRING TO HIS ENGLISH INSTRUCTOR TO BE ELIGIBLE TO COMPETE IN THE UPCOMING FALL CROSS COUNTRY SEASON. INSTEAD HE SENDS A 60,000 WORD EXPLANATION BY RELATING WHAT OCCURRED OVER THE LAST DAYS OF MAY INCLUDING THE ANTICIPATED RECONCILIATION WITH HIS FORMER GIRLFRIEND, HIS CONFERENCE TRACK & FIELD MEET IN EUGENE AND THE DEATH OF HIS BOYHOOD IDOL STEVE PREFONTAINE; AND AS HE EXPLAINS IN AN OPENING LETTER DESCRIBING THAT TRAGIC AND CRAZY TIME-I AM GOING TO TELL YOU A FEW THINGS ABOUT RUNNING.

Runner's Memories, Dreams, Reflections Tom Bulger, 2020-01-12 This book represents the author's 40 YEARS OF WRITING ABOUT DISTANCE RUNNING. AS A RUNNER AND COACH HIMSELF, HE HAS TRIED TO BRING UP DIFFERENT TOPICS AND STORIES THAT WOULD BE OF INTEREST TO DISTANCE RUNNERS. THE BOOK INCLUDES DESCRIPTIONS OF VARIOUS RACES, LOCAL, NATIONAL, AND INTERNATIONAL; BRIEF PORTRAITS OF A VARIETY OF DISTANCE RUNNERS; ADVICE ABOUT TRAINING AND RECOVERING FROM INJURY; AND A HOST OF OTHER ISSUES RELATING TO DISTANCE RUNNING. THE OVERARCHING PURPOSE OF THE BOOK IS HOW DISTANCE RUNNING REMARKABLY PARALLELS ONE'S EXISTENCE, AND IS A METAPHOR FOR AN INDIVIDUAL'S LIFE. TOM BULGER IS A NATIVE OF TROY, NEW YORK. AFTER HIGH SCHOOL, HE ATTENDED AND GRADUATED FROM THE UNIVERSITY OF NOTRE DAME, 1974. AFTER THAT, HE GOT A MASTERS IN ENGLISH LITERATURE FROM THE UNIVERSITY AT ALBANY (1976), AND A PH.D. IN ENGLISH LITERATURE FROM THE UNIVERSITY OF ROCHESTER (1986). HE WAS A PROFESSOR OF ENGLISH LITERATURE AT SIENA COLLEGE FOR 30 YEARS UNTIL HIS RETIREMENT 10 YEARS AGO. AT SIENA, HE WAS ALSO DEAN OF THE Arts Division for 5 years, and he was the founder and first coach of the women's cross country team for 5 YEARS. PRIOR TO THAT, HE WAS ALSO BOB REILLY'S ASSISTANT COACH OF THE MEN'S CROSS COUNTRY TEAM FOR 3 YEARS. IN ADDITION TO COACHING AT SIENA, HE ALSO WAS THE FIRST COACH OF THE WILLOW STREET ATHLETIC TEAM, AND WAS A RUNNING COACH FOR TEAM IN TRAINING.HE HAS BEEN WRITING ABOUT RUNNING FOR OVER 40 YEARS. FOR 6 YEARS, HE WAS THE TROY TIMES RECORD RUNNING COLUMNIST. HE ALSO WROTE QUITE A BIT FOR THE HUDSON MOHAWK ROAD RUNNER'S MAGAZINE The Pacesetter. He has been very active with the HMRRC, being its president (1992-3) and as a volunteer at RACES. HE IS A MEMBER OF THE HMRRC HALL OF FAME. HE RAN IN HUNDREDS OF RACES, WITH A MARATHON BEST OF 2:28. P America's Best Trails Jeff Galloway, Brennan Galloway, 2017-02-27 Running isn't only good for your BODY; IT CAN BE GOOD FOR YOUR SOUL AS WELL; ESPECIALLY IF YOU'RE RUNNING OUTDOORS ON SOME OF AMERICA'S MOST BEAUTIFUL RUNNING TRAILS. JEFF GALLOWAY, AUTHOR OF THE BESTSELLING RUNNING INSTRUCTION BOOK IN NORTH AMERICA, AND HIS SON BRENNAN PRESENT SOME OF THEIR FAVORITE AND MOST SCENIC PLACES TO RUN OR WALK IN THE UNITED STATES. This list includes places in almost all of the 50 states, divided geographically from West to East. Each route HAS DIRECTIONS TO THE TRAIL HEAD AND SPECIAL INSTRUCTIONS TO ENJOY THE AREA. BEAUTIFUL PICTURES OF THE SCENERY AND HISTORICAL FACTS OF THE AREA OR TRAIL ROUND OUT EACH LISTING. WHILE MOST OF THE ROUTES ARE PLACES TO RUN ANYTIME, AMERICA'S BEST TRAILS ALSO INCLUDES RUNNING EVENTS, SUCH AS THE BIG SUR INTERNATIONAL AND THE BIG WILD LIFE RUN. TO PREPARE YOU FOR YOUR RUNS, JEFF GALLOWAY INCLUDES TIPS ON TRAINING FOR TRAIL RUNNING, DEALING WITH ELEVATION, RUNNING UPHILL AND DOWNHILL, TERRAIN ISSUES, AND ENDURANCE. TIME-TESTED SUGGESTIONS FOR CHOOSING FOOTWEAR, CLOTHING, DRINKS, AND ENERGY SNACKS ARE ALSO PROVIDED. AMERICA'S BEST TRAILS IS A RUNNING BOOK, A TRAVEL BOOK AND MORE-IT'S AN INSPIRATION FOR EVERY RUNNER AND WALKER!

BUN, BILLY, RUN MATT CHRISTOPHER, 1988 WHEN 14-YEAR FOLD BILLY JOINS THE TRACK TEAM, HE IMPROVES HIS RUNNING AND OTHER AREAS OF HIS LIFE TOO.

P MARTY LIQUORI'S GUIDE FOR THE ELITE RUNNER MARTY LIQUORI, JOHN L. PARKER (JR.), 1980

ELANAGAN'S RUN TOM MCNAB, 2014-05-10 DURING THE DEPRESSION THE EBULLIENT AMERICAN ENTREPRENEUR CHARLES FLANAGAN ASSEMBLES 2,000 RUNNERS FROM ALL CORNERS OF THE EARTH, TO RUN FROM LOS ANGELES TO NEW YORK FOR PRIZE-MONEY OF \$150,000. FLANAGAN'S TRANS-AMERICA RUNNERS FACE 3,000 MILES, ACROSS THE MOJAVE DESERT AND THE FROZEN ROCKIES, RUNNING A DAILY AVERAGE OF 50 MILES FOR THREE MONTHS. THE AMERICAN SPORTS ESTABLISHMENT, HOWEVER, IS DESPERATE TO CRUSH WHAT IT SEES AS A PROFESSIONAL CHALLENGE TO THE 1932 LOS ANGELES OLYMPICS. EVERY DAY IS THEREFORE A STRUGGLE FOR SURVIVAL, FOR FLANAGAN HIMSELF AS WELL AS THE RUNNERS.

Devices. Program the Internet of Things with Swift for IOS Ahmed Bakir, 2018-11-29 Learn how to build apps using Apple's native APIs for the Internet of Things, including the Apple Watch, HomeKit, and Apple Pay. You'll also see how to interface with popular third-party hardware such as the Raspberry PI, Arduino, and the FitBit family of devices. Program the Internet of Things with Swift and IOS is an update to the previous version and includes all new Swift 4 code. This book is a detailed tutorial that provides a detailed how and why for each topic, explaining Apple-specific design patterns as they come up and pulling lessons from other popular apps. To help you getting up and running quickly, each chapter is framed within a working project, allowing you to use the sample code directly in your apps. The Internet of Things is not limited to Apple devices alone, so this book also explains how to interface with popular third-party hardware devices, such as the Fitbit and Raspberry PI,

AND GENERIC INTERFACES, LIKE RESTFUL API'S AND HTTPS. YOU'LL ALSO REVIEW NEW API'S LIKE FACE ID AND NEW DESIGN CONSIDERATIONS, AND LOOK MORE CLOSELY AT SSL AND HOW TO MAKE IOT CONNECTED APPS MORE RESISTANT TO HACKERS. THE COVERAGE OF APPLE WATCH HAS BEEN EXPANDED AS WELL. THE INTERNET OF THINGS IS WAITING — BE A PART OF IT! WHAT YOU'LL LEARNUSE APPLE'S NATIVE IOT FRAMEWORKS, SUCH AS HEALTHKIT, HOMEKIT, AND FACEID INTERACT WITH POPULAR THIRD-PARTY HARDWARE, SUCH AS THE RASPBERRY PI, ARDUINO, AND FITBIT WORK WITH REAL PROJECTS TO DEVELOP SKILLS BASED IN EXPERIENCE MAKE A SMARTER IOT WITH SIRIKIT AND COREML WHO THIS BOOK IS FOR THE PRIMARY AUDIENCE FOR THIS BOOK ARE READERS WHO HAVE A GRASP OF THE BASICS OF IOS DEVELOPMENT AND ARE LOOKING TO IMPROVE THEIR INTERNET OF THINGS-SPECIFIC SKILLS. INTERMEDIATE TO ADVANCED LEVEL. THE SECONDARY AUDIENCE WOULD BE BUSINESS DECISION MAKERS (MANAGERS, BUSINESS ANALYSTS, EXECUTIVES) WHO ARE LOOKING TO GAIN A ROUGH UNDERSTANDING OF WHAT IS INVOLVED IN INTERNET OF THINGS DEVELOPMENT FOR IOS.

Describes how a fitness routine can become a sport; how the everyday jogger can become an athlete; how the athlete moves from one challenge to the next. In relating his running experiences over the years, the author provides detailed and inspirational accounts of fits own experiences in training and racing techniques: the challenges of reaching the finish line; the joy of competition; the anguish when things go wrong. The book is also a travel log of sorts, since it provides descriptions of running adventures across the USA and in several foreign countries. The author the ravel log of sorts, since it provides descriptions of running adventures across the USA and in several foreign countries. The author takes the reader on an often humorous and sometimes painful journey from the novice runner to the peak of fitness, followed by the eventual slow decline in performance that comes with age and life's struggles.

DERIVATION RICHARD M. PERLOFF, 1993 PERSUASION IS ONE OF THE OLDEST FIELDS OF ACADEMIC STUDY -- IT DATES BACK THOUSANDS OF YEARS. IN OUR OWN ERA, PERSUASION HAS BEEN STUDIED PRIMARILY BY MEANS OF THE THEORIES AND METHODS OF SOCIAL SCIENCE RESEARCH. NUMEROUS SCHOLARS HAVE MADE CONTRIBUTIONS TO OUR KNOWLEDGE OF PERSUASION, AND THE FIELD HAS GENERATED A WEALTH OF INTRIGUING CONCEPTS AND AN IMPRESSIVE BODY OF KNOWLEDGE ON PERSUASION PROCESSES AND EFFECTS. PERSUASION IS NOT SIMPLY A SCIENCE, HOWEVER -- IT IS ALSO AN ART. TODAY THERE IS A BURGEONING PERSUASION INDUSTRY THAT INCLUDES ADVERTISING, SALES, PUBLIC RELATIONS, POLITICAL CONSULTING FIRMS, AND A HOST OF PRIVATE AND PUBLIC COMPANIES THAT SEEK TO CHANGE ATTITUDES AND INFLUENCE SOCIAL BEHAVIORS. USE SECOND PARAGRAPH ONLY FOR GENERAL CATALOGS ... WRITTEN TO ENHANCE STUDENTS' UNDERSTANDING OF PERSUASION THEORY AND ITS APPLICATIONS TO EVERYDAY SITUATIONS, THIS BOOK PRESENTS AN UP-TO-DATE REVIEW OF PERSUASION THEORY AND RESEARCH. ATTEMPTING TO SHOW STUDENTS HOW THESE THEORIES CAN DEEPEN OUR UNDERSTANDING OF HOW PERSUASION IS PRACTICED IN A VARIETY OF REAL-LIFE SITUATIONS, IT IS DESIGNED AS A TEXT FOR UNDERGRADUATE STUDENTS WHO WISH TO KNOW MORE ABOUT CONCEPTS OF ATTITUDE AND PERSUASION, AS WELL AS INTRODUCING GRADUATE STUDENTS TO THEORY AND RESEARCH IN THE FIELD OF PERSUASION. WITH A BROAD LOOK AT PERSUASION RESEARCH, THIS VOLUME EXAMINES PSYCHOLOGICAL APPROACHES TO PERSUASION, INTERPERSONAL COMMUNICATION THEORIES, AND THE INTERFACE BETWEEN PERSUASION AND MASS COMMUNICATION, IN PARTICULAR MASS MEDIA INFORMATION CAMPAIGNS. IT EXAMINES RESEARCH ON COGNITIVE PROCESSING OF PERSUASIVE MESSAGES, COMPLIANCE-GAINING IN INTERPERSONAL CONTEXTS, AND THE EFFECTS OF LARGE-SCALE HEALTH COMMUNICATION CAMPAIGNS.

DECODING RUNKEEPER 2902: REVEALING THE CAPTIVATING POTENTIAL OF VERBAL EXPRESSION

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