

Runkeeper 2470

Mark Remy, Editors of Runner's World

Runner's World Run Less, Run Faster Bill

Pierce, Scott Murr, Ray Moss, Editors of Runner's World Magazine, 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.

Pre Tom Jordan, 2012-12-19 The story of America's greatest running legend. For five years, no American runner could beat him at any distance over a mile. But at the age of 24, with his best years still ahead, long-distance runner Steve Prefontaine finally lost. Driving alone at night after a party, Prefontaine crashed his sports car, putting a tragic, shocking end to the life and career of one of the most influential,

accomplished runners of our time. More than 20 years later, Prefontaine continues to influence the running world. From his humble origins in Coos Bay, Oregon, Prefontaine became the first person to win four NCAA titles in one event. Year after year, he was virtually unbeatable. Instead of becoming one of the new breed of professional track athletes, Prefontaine chose to stay amateur and fight for the adequate funding he felt American amateur athletes deserved. A man of incredible desire and energy, Prefontaine trained relentlessly. In his drive to be the best, he spurred others to do their best. As one racer said, He ran every race as if it were his last. But Prefontaine not only touched runners; his exciting technique as well as his maverick lifestyle made him a favorite of the fans. A race with Prefontaine in it was automatically an event. His brief but brilliant life—documented by author Tom Jordan—is the tale of a true American hero. This is his story. Some people create with words or with music or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.' It's more than just a race, it's style. It's doing something better than anyone else. It's being creative. —Steve Prefontaine *The e-book edition does not include photos

Building a Better Runner Terry Hamlin, 2019-09-03
Building A Better Runner is your ultimate guide to 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 it's 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?

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 around the block! The new edition includes: Cutting-edge information on hugely influential trends in natural running, including ChiRunning, barefoot running, and cross-training with yoga and meditation Information on how to select the right gear and manage your nutrition, including details on new diets favored by endurance athletes A dedicated section on running for women, including specific nutritional and physical concerns Whether you're a beginner or a

seasoned veteran, this book has everything you need to maximize your running potential--from start to finish!

Running Encyclopedia Richard Benyo, Joe Henderson, 2002 An A to Z resource on running including history, key figures, major events, and primary training theories and terms.

Runner's World Best: Competitive Running Adam Bean, 2006-08-22 A concise, illustrated reference outlines the benefits of competitive running, counseling athletes of any level on basic principles of various races from 5K runs to marathon competitions, in a guide that covers such topics as nutrition, hydration, and strength and flexibility training. Original.

My Right Hand Foot: The Life of a Runner Jack Armour,

Masters Running Hal Higdon, 2005-03-10 A championship runner describes the techniques and methods needed to become a competitive runner after age forty, with information on intelligent training, developing fitness and flexibility, maintaining a healthy diet, and much more. Original. 20,000 first printing.

Running in the Zone King, Steve, 2005 Twenty-six runners ranging in age from 46 to 76 share their secrets, motivations and experiences in the fields of running. All are active runners and many presently hold world age-class records. Some have held world records and have achieved world level performances at the Olympics, Commonwealth and European games. But, *Running in the Zone* isn't about super achievement, it is about getting the most out the running experience regardless of age

or even ability. This book is for anyone interested in running and running-related sports, whether they are elite age-class runners wanting to keep up performances or newcomers, considering taking up running in their middle or even advanced years. Many of the contributors didn't start running until they were over 40 and some didn't achieve their best personal performances until they were in their 50's. You will meet men and women who have a life-long interest in running as well as those who took it up as personal challenges. All are inspiring in one way or another and have something valuable to teach, not necessarily about running, per se, but rather personal satisfaction, giving back through voluntarism and commitment to a goal or purpose. The book was the idea of editors, Steve King and Dan Cumming, and has come together through Steve's contacts in the world of running and Dan's love of running and editorial ability to pull the best out of a story. Both Steve and Dan have a long-term relationship with the sport. They both perceived that a growing number of older runners are involved in the running and that Running in the Zone would answer many of the needs of this group of active men and women, helping them to get the best out of one of the most fundamental of athletic endeavors. For more information, visit author's blog: www.runninginthezone.ca

Running Throughout Time Roger

Robinson, 2022-05-01 Every runner's story is part of a great tradition of running stories. Running Throughout Time tells the best and most important of them. From Atalanta, the heroic woman runner of

ancient Greece—when goddesses advised on race tactics—to the new legends of Billy Mills, Joan Benoit Samuelson, and Allison Roe (the modern Atalanta), this book brings the greatest runners back to life. It's the perfect runner's bedside storybook. Colorful, dramatic, alive with human insight and period detail, these stories are also full of new discoveries. Within these pages, you will find the true story of Pheidippides and the Battle of Marathon; you will read text from the world's first newspaper report of a footrace (1719). This book uncovers important evidence of the first road races, the origins of cross-country running, and the earliest marathons, telling the true story of the origins of the marathon and just why racers must run exactly 26 miles, 385 yards (42.2 km). New light is thrown on more modern stories like the first fourminute mile and the troublesome birth of the women's marathon. All runners should read this book to really know whose footsteps they run in and why running is worthy of the effort they give to it.

Running Through the Ages, 2d ed. Edward S. Sears, 2015-06-08 Beginning with prehumans running down prey, this book describes how ancient, medieval and modern runners have come to run ever faster. Writers of antiquity left few detailed accounts of running but in the early 1800s detailed accounts of running feats and matches appeared in newspapers, journals and books. Nineteenth century pioneers like George Seward, Harry Hutchens, Walter George and Bernie Wefers are here given long-deserved recognition. The six-day Go-as-You-Please races of the 1870s and 1880s-

-featuring running's first great female performer, Amy Howard--are discussed. Twentieth century luminaries Helen Stephens, Jesse Owens, Paavo Nurmi, Emil Zatopek, Bob Hayes, Abebe Bikila and Joan Benoit-Samuelson are included, along with the Bunion Derby races of 1928-1929. New material for this revised and expanded second edition includes coverage of the 1970s running boom, women marathon pioneers, the impact of drugs on running, and the feats of 21st century runners such as Usain Bolt, Paula Radcliffe and Haile Gebrselassie.

The Complete History of Cross-Country Running
Hutchinson Andrew Boyd, 2018-01-16 In The Complete History of Cross-Country Running, author Andrew Boyd Hutchinson captures the full history of cross-country running, from the early 1800s to the present day, on both a national and international scale. It includes chronicles of legendary teams, inspirational tales of achievement, controversies, and interviews with record-breaking runners past and present. From Walter George and Alfred Shrubbs to Steve Prefontaine, Bill Rogers, and Galen Rupp--and everyone in between--Hutchinson uncovers all angles, via training logs, discussions with coaches, and the review of newspaper archives for race results and forgotten storylines. He offers commentary from Olympians such as David Torrence and Shannon Rowbury, amongst others. Along the way, the book addresses the following topics: • How cross country began in England • How the sport found its way to American colleges and universities • The birth of the International Cross-Country Championships • All the close events, including the 2012 race between Molly

Huddle and Sara Hall at the US National Cross-Country Championship • And so much more!

When Running Was Young and So Were We Jack D. Welch, 2014-06-13 For many years Jack Welch wrote for Running magazine and Track & Field News, chronicling the extraordinary developments of running during the 1970s, 80s and 90's. When Running Was Young and So Were We is based on his columns from this period and is a unique book – telling the story of how running became a way of life for millions. It's a book about excellence, inspiration and greatness. Not just what it takes to cross the finish line first, but also the lessons learned along the way. It's a sports book – offering an up-close and personal look at Olympic greats, big races and long runs. It's a training book – outlining many of the techniques and strategies that make you a winner, on and off the field of competition. It's a celebration of the human spirit -examining what happens when both great athletes and keen amateurs are driven to challenge their own personal limits. What do greats like Alberto Salazar, Joan Benoit, Dick Beardsley, Mary Decker and Steve Prefontaine all have in common? Read their stories and be inspired!

Hansons Marathon Method Luke Humphrey, 2016-01-01 Run your first marathon or your fastest with Hansons Marathon Method, the revolutionary training program from one of the best running teams in the world, the Hansons-Brooks Distance Project. In Hansons Marathon Method, the coaches of the Hansons-Brooks Distance Project reveal their innovative marathon training program that

has helped thousands of runners become true marathoners and smash their personal bests. Hansons Marathon Method tosses out mega-long runs and high-mileage weekends--two old-fashioned running traditions that often injure and discourage runners. 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 final miles of the marathon--and finish strong. In this new second edition, the Hansons program welcomes newer runners with a new Just Finish program featuring a simple schedule of easier running and lower mileage. The Just Finish program sets up first-time marathoners for an enjoyable marathon and a lifetime of strong, healthy running. Hansons Marathon Method will prepare you for your best marathon: Sensible weekly mileage based on science, not outdated traditions Effective Hansons speed, strength, and tempo workouts paced to achieve your goal Crucial nutrition and hydration guidelines to run strong for the whole race A smart and simple Just Finish program for new runners and marathon first-timers Detailed training schedules for experienced and advanced marathoners This revised second edition answers frequently asked questions, shows how to integrate flexibility and strength work into your training week, and shares the most effective recovery methods. Using the Hansons' innovative approach, you will mold real marathon muscles,

train your body to avoid the wall, and finish strong. Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the world. Using their 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

Marathon Hal Higdon, 2005-09-03 Features instructions for runners of all ability levels on preparing for a marathon, including training schedules, advice on diet, defensive running strategies, and tips for staying motivated.

My Run Across the United States Don Shepherd, 1970-01-01

Run, Run, Run Fred Wilt, 1964 The most complete book available on running technique. All training methods, theory tactics, warmup, pace - from sprinting through marathon.

The Runner's Field Manual Mark Remy, Editors of Runner's World, 2010-10-12 An engaging reference for anyone who loves to run, or wants to learn to, includes lessons, warnings and instructional asides and covers everything from first aid and hydration to the dating lives of runners to race intricacies and urban pitfalls.

The Runner's Handbook Bob Gloverm Jack Sheperd, 1978

The Boston Marathon Paul C. Clerici, 2020-03-02

Many things compose the Boston Marathon-- Olympians, record holders, Greek gold-dipped wreaths, running hamburgers and fries, statues, snow, trailblazers, and Heartbreak Hill. Paul C. Clerici's *Images of Modern America: The Boston Marathon* tells the expansive story of the oldest continuously run marathon and showcases over 165 images that span the decades. From Clarence DeMar, both Johnny Kelleys, Roberta Bobbi Gibb, and John Hancock to Bill Rodgers, Joan Benoit Samuelson, Ibrahim Hussein, Bob Hall, and Ernst van Dyk; from Kathrine Switzer's literal run-in with Jock Semple to the 1970s running boom, the centennial celebration, and Meb Keflezighi's restoration victory, this global footrace and gathering of community is presented in a display of vibrant, historical, and exciting images, some of which from private collections rarely seen and some never-before published.

Decoding Runkeeper 2470: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Runkeeper 2470**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an

enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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