

Runner Apps

Sebastian Elliott

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.

The Privacy Engineer's Manifesto Michelle Dennedy, Jonathan Fox, Tom Finneran, 2014-03-04 It's our thesis that privacy will be an integral part of the next wave in the technology revolution and that innovators who are emphasizing privacy as an integral part of the product life cycle are on the right track. --The authors of The Privacy Engineer's Manifesto The Privacy Engineer's Manifesto: Getting from Policy to Code to QA to Value is the first book of its kind, offering industry-proven solutions that go beyond mere theory and adding lucid perspectives on the challenges and opportunities raised with the emerging personal information economy. The authors, a uniquely skilled team of longtime industry experts, detail how you can build privacy into products, processes, applications, and systems. The book offers insight on translating the guiding light of OECD Privacy Guidelines, the Fair Information Practice Principles (FIPPs), Generally Accepted Privacy Principles (GAPP) and Privacy by Design (PbD) into concrete concepts that organizations, software/hardware engineers, and system administrators/owners can understand and apply throughout the product or process life cycle—regardless of development methodology—from inception to retirement, including data deletion and destruction. In addition to providing practical methods to applying privacy engineering methodologies, the authors detail how to prepare and organize an enterprise or organization to support and manage products, process, systems, and applications that require personal information. The authors also address how to think about and assign value to the personal information assets being protected. Finally, the team of experts offers thoughts about the information revolution that has only just begun, and how we can live in a world of sensors and trillions of data points without losing our ethics or value(s)...and even have a little fun. The Privacy Engineer's Manifesto is designed to serve multiple stakeholders: Anyone who is involved in designing, developing, deploying and reviewing products, processes, applications, and systems that process personal information, including software/hardware engineers, technical program and product managers, support and sales engineers, system integrators, IT professionals, lawyers, and information privacy and security professionals. This book is a must-read for all practitioners in the personal information economy. Privacy will be an integral part of the next wave in the technology revolution; innovators who emphasize privacy as an integral part of the product life cycle are on the right track. Foreword by Dr. Eric Bonabeau, PhD, Chairman, Icosystem, Inc. & Dean of Computational Sciences, Minerva Schools at KGI.

The Happy Runner Roche, David, Roche, Megan, 2018-11-15 Is your daily run starting to drag you down? Has running become a chore rather than the delight it once was? Then The Happy Runner is the answer for you. Authors David and Megan Roche believe that you can't reach your running potential without consistency and joyful daily adventures that lead to long-term health and happiness. Guided by their personal experiences and coaching expertise, they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best.

Inspiration and Motivation for Runners Ali Clarke, 2015-05-14 This colourful little book of uplifting quotes and tailored tips delivers motivational sparks and hearty encouragement for runners. Read it, run with it, use it as a training weight – whatever you do it, the aim is simple: to get you running!

Hal Higdon's Half Marathon Training Hal Higdon, 2016-04-01 Hal Higdon's name is synonymous with running. As contributing editor of Runner's World and best-selling author, he has helped countless runners achieve their distance goals. Now, he's created the definitive guide on today's most popular distance, the 13.1-mile half marathon. Hal Higdon's Half Marathon Training is everything you wanted to know about running the half marathon, including where to begin, what to focus on, how to pace yourself, how to avoid injury, how to track your progress, how to stay the course, and how to improve. Whether this is your first or fiftieth half marathon, there is a plan for you. Inside you'll find more than 15 customizable programs, ranging from novice to advanced (you'll even find a walking-only plan), as well as proven strategies, race-day tips, and motivation from half-marathoners around the globe. From day 1 to mile 13.1, Hal will guide, encourage, and pace you to your goal. Other guides might help you complete the half, but only one will introduce you to the joys of running. Hal Higdon's Half Marathon Training is a book you'll return to for guidance and inspiration for a lifetime of running.

Django Standalone Apps Ben Lopatin, 2020-06-09 Develop standalone Django apps to serve as the reusable building blocks for larger Django projects. This book explores best practices for publishing these apps, with special considerations for testing Django apps, and strategies for extracting existing functionality into a separate package. This jumpstart reference is divided into four distinct and sequential sections, all containing short, engaging chapters that can be read in a modular fashion, depending on your level of experience. The first section covers the structure and scope of standalone Django apps. The second section digs into questions about pulling code out of existing projects and into new standalone apps for reuse. The third section details additional, advanced technical best practices toward making standalone apps as broadly useful as possible. The fourth and final section covers strategies for managing a published Django app. Django Standalone Apps is the perfect resource for developers who have at least some prior experience working with Django web applications and want to simplify their deployments and share their knowledge as open source packages. What You'll Learn Scope a standalone Django app project for optimum usefulness Extract code from existing projects to reuse Test a standalone app outside of your Django project Reuse your own code for increased delivery cadence and code quality Review best practices for maintaining a Django app package Who This Book Is For Professional developers who work with Django. Deep expertise is not required or expected, but readers should have working familiarity with Django.

Build Customized Apps with Amazon Honeycode Aniruddha Loya, 2022-06-17 A non-developer's guide to harnessing the power of Amazon Honeycode apps to manage projects, customers, operations, approvals, resources, and teams Key Features • A practical guide to Amazon Web Services (AWS) no-code app development for meeting specific needs of customers • Create apps quickly without paying for costly developers using Honeycode's in-built templates and functions • Learn how to use stable AWS services to supplement Honeycode's present limits Book Description Amazon Honeycode enables you to build fully managed, customizable, and scalable mobile and web applications for personal or professional use with little to no code. With this practical guide to Amazon Honeycode, you'll be able to bring your app ideas to life, improving your and your team's/organization's productivity. You'll begin by creating your very first app from the get-go and use it as a means to explore the Honeycode development environment and concepts. Next, you'll learn how to set up and organize the data to build and bind an app on Honeycode as well as deconstruct different templates to understand the common structures and patterns that can be used. Finally, you'll build a few apps from scratch and discover how to apply the concepts you've learned. By the end of this app development book, you'll have gained the knowledge you need to be able to build and deploy your own mobile and web applications. You'll also be able to invite and share your app with people you want to collaborate with. What you will learn • Build mobile and web applications with simple drag-drops and customizations • Deploy and share apps and collaborate in real-time with your team • Understand how to create automated processes in apps • Create a customized view for each app user or a group of users • Import existing data from a CSV and build an app on top of it • Create connectors to external data sources • Build applications using Honeycode either from scratch or by modifying an existing template • Explore Honeycode templates and understand what use cases are available out-of-the-box with these templates Who this book is for Like the platform, this book is meant for everyone - professional and novice developers alike - who want to build and deploy apps for their personal or professional use as an individual or as a team. However, for professional developers, it is important to note that the book will not focus on advanced use cases with features like using public APIs and 3P integrations. No programming knowledge or experience is needed to start creating basic apps. However, working knowledge of Microsoft Excel or similar spreadsheet tools and a general understanding of logical statements will be helpful to get the most out of this book.

Becoming a Sustainable Runner Tina Muir, Zoë Rom, 2023-08 Becoming a Sustainable Runner weaves together concepts of internal and external sustainability to help runners achieve a newfound purpose that merges their love of running with their passion and concern for their health, their community, and the environment.

Running Form Owen Anderson,2018-01-23 For many runners, running technique is an afterthought—one they don't think about until an injury or plateau keeps them from achieving their goals. Running Form underscores the importance of proper form and shows you how to elevate your performance to the greatest possible extent with the smallest risk of injury. Owen Anderson, PhD, is a coach to elite runners from around the globe. In Running Form, he describes the common problem of runners moving on "square wheels" by braking with each step, adopting inefficient stances, or risking injury with excessive ground impact. He pinpoints the components of good form—foot-strike, shin and shank angle, stance time, cadence, body lean, and posture—to help you understand where you can make small changes that offer significant improvements. Then, using a basic video camera or smartphone, you can analyze your own form and apply specific drills and exercises to correct any deficiencies. Numerous photos incorporate lines and arrows to help you clearly identify the appropriate angles and movements of sound technique. No expensive software or biomechanics degree is required to learn how to run faster and with more efficiency and to significantly reduce your risk of injury. Get rid of those running patterns that hurt performance and destroy running economy. Running Form gives you the knowledge to perfect your running form so you can train consistently and improve with each stride.

Rhomobile Beginner's Guide Abhishek Nalwaya,2011-07-26 Part of Packt's Beginner's Guide series, this book is packed full of practical examples and screenshots to make building your application straightforward and fun. Whether you have prior experience of developing mobile applications or this is your first venture, all newcomers to Rhomobile will be able to quickly develop their own mobile application. This book is accessible for people who are completely new to Ruby, though having prior knowledge of it would be a huge advantage.

Best Android Apps Mike Hendrickson,Brian Sawyer,2010-04-27 You can choose from thousands of apps to make your Android device do just about anything you can think of -- and probably a few things you'd never imagine. There are so many Android apps available, in fact, that it's been difficult to find the best of the bunch -- until now. Best Android Apps leads you beyond the titles in Android Market's Top Paid and Top Free bins to showcase apps that will truly delight, empower, and entertain you. The authors have tested and handpicked more than 200 apps and games, each listed with a description and details highlighting the app's valuable tips and special features. Flip through the book to browse their suggestions, or head directly to the category of your choice to find the best apps to use at work, on the town, at play, at home, or on the road. Discover great Android apps to help you: Juggle tasks Connect with friends Play games Organize documents Explore what's nearby Get in shape Travel the world Find new music Dine out Manage your money ...and much more!

Complete Running Diary Sebastian Elliott,2015-01-30 The Complete Running Diary can enhance your satisfaction with your commitment to running. Put together to address both your physical and emotional needs as a runner -- with room for notes and observations beyond what typical running logs offer - this book can make a big difference in your physical and mental performance as a runner. The Complete Running Diary does not have pre-printed dates (so you can start using it any day of the year) and includes: =>a 52 week log designed for easy recording of vital daily information like distance ran to time spent running to route run to weekly goals =>weekly wrap-up sections for analysis to help you get more physically and emotionally from your running =>race logs to help you celebrate and learn from your participation in races =>a footwear log so you know when to change out your shoes and to help you determine which shoes best suit your personal needs =>over 50 motivational quotes and tips =>and more As a runner, you will be very happy you purchased this book. And, consider buying a copy of the Complete Running Diary for your friends who run, they'll be very appreciative of a gift that gives every day of the year. So don't delay, scroll up now and get copies for yourself and your running friends. NOTE: Websites and apps for runners are great, but they lack the tangibility of a book such as this. Nothing can replace the excitement and pride of holding a completed, physical runner's log book in your hands. Take full advantage of computerized measurement and analysis, but also keep a physical log ... it's a very personal and positive experience that mirrors the personal and positive experience you have when running.

Programming Google App Engine Dan Sanderson,2009-11-23 As one of today's cloud computing services, Google App Engine does more than provide access to a large system of servers. It also offers you a simple model for building applications that scale automatically to accommodate millions of users. With Programming Google App Engine, you'll get expert practical guidance that will help you make the best use of this powerful platform. Google engineer Dan Sanderson shows you how to design your applications for scalability, including ways to perform common development tasks using App Engine's APIs and scalable services. You'll learn about App Engine's application server architecture, runtime environments, and scalable datastore for distributing data, as well as techniques for optimizing your application. App Engine offers nearly unlimited computing power, and this book provides clear and concise instructions for getting the most from it right from the source. Discover the differences between traditional web development and development with App Engine Learn the details of App Engine's Python and Java runtime environments Understand how App Engine handles web requests and executes application code Learn how to use App Engine's scalable datastore, including queries and indexes, transactions, and data modeling Use task queues to parallelize and distribute work across the infrastructure Deploy and manage applications with ease

iPhone Fully Loaded Andy Ihnatko,2011-02-08 Get more out of-and onto-your iPhone than you ever thought possible The new, even more powerful iPhone enables you to carry almost everything you need right in your pocket. iPhone Fully Loaded, 3rd Edition shows you things about your iPhone that you never imagined. Written by Mac superstar and Chicago Sun Times technology columnist Andy Ihnatko, this irreverent and fun guide shows you how to put everything on your iPhone from old LPs, radio/TV shows, and movies to spreadsheets, presentations, and PC rescue files. It also covers all the latest applications as well as the basics like e-mail, music, and of course, making phone calls. Packed with the most tips and tricks found in any iPhone guide Shows how to upload Web pages, download TV shows, load Word, Excel, and Powerpoint documents on your iPhone, and back up files Covers using the new built-in video features, the search tool, the App Store, and all the newest applications Written in Andy Ihnatko's entertaining style and loaded with the unique ideas for which he is famous Applies to both Mac and Windows users Also covers the iPod touch iPhone Fully Loaded, 3rd Edition lets you take maximum advantage of every feature of your new iPhone.

iPad Apps For Kids For Dummies Jinny Gudmundsen,2012-11-29 Get the scoop on the best kid-friendly apps iPad has to offer! How do you find good apps for your children? Read iPad Apps For Kids For Dummies, that's how! With over a half-million apps in the App Store and that number growing, this great new guide cuts through the clutter and points parents in the direction of the best apps for kids of all ages. From apps for dinosaur lovers to fashion fans, puzzle masters to avid adventurers, and everything in between, you'll find apps to both educate and entertain. Which apps have strong girl role models? Which apps help kids with special needs? Which ones will keep the whole family entertained on the road? This handy, full-color book by tech-savvy, USA TODAY Kid-Tech columnist Jinny Gudmundsen covers it all. Helps parents find the best of the best iPad apps for children of all ages in the crowded App Store Shows parents which apps are worth the price and those that are free and fabulous Demonstrates how to use an iPad to make learning fun, apps for kids with special needs, age-appropriate apps for each child's age, and how you can avoid in-app purchase mistakes Draws on the experience and expertise of Kid-Tech columnist Jinny Gudmundsen, who has taken countless apps for a test run and shared her findings in USA TODAY and in Gannett newspapers nationwide; Jinny's work has also been published in the Los Angeles Times and Child magazine, and online at ABCNews.com, and she has appeared on national TV and radio Don't waste anymore time plowing through the App Store for kid-friendly apps on your own! Get iPad Apps For Kids For Dummies today and get your kids excited about learning.

Day-To-Day Runner's Diary Sebastian Elliot,2015-01-28 Want to be a better runner? Get this book! Put together to address both your physical and emotional needs as a runner -- with room for notes and observations beyond what typical running logs offer - the Day-to-Day Runner's Diary can make a big difference in your physical and mental performance as a runner. The Day-to-Day Runner's Diary does not have pre-printed dates (so you can start using it any day of the year) and includes: =>a 52 week log designed for easy recording of vital daily information like distance ran to time spent running to route run to weekly goals =>weekly wrap-up sections for analysis to help you get more physically and emotionally from your running =>race logs to help you celebrate and learn from your participation in races =>a footwear log so you know when to change out your shoes and to help you determine which shoes best suit your personal needs =>over 50 motivational quotes and tips =>and more As a runner, you will be very

happy you purchased the Day-to-Day Runner's Diary. And, consider buying a copy for your friends who run, they'll be very appreciative of a gift that gives every day of the year. So don't delay, scroll up now and get copies for yourself and your running friends. NOTE: Websites and apps for runners are great, but they lack the tangibility of a book such as this. Nothing can replace the excitement and pride of holding a completed, physical runner's log book in your hands. Take full advantage of computerized measurement and analysis, but also keep a physical log ... it's a very personal and positive experience that mirrors the personal and positive experience you have when running.

The Running Athlete Gian Luigi Canata,Henrique Jones,Werner Krutsch,Patricia Thoreux,Alberto Vascellari,2022-04-22 This book explores running in a broad range of sport disciplines, providing a full spectrum coverage on this extremely important and commonly diffused activity. The volume opens with basic information, such as biomechanics, physiology, training principles, nutrition and then presents discipline-specific aspects of running in several individual and team sports. Each chapter is structured organically to offer a uniform and thorough information. For each sport, the authors examine biomechanical, physiological and training specificities as well as injury epidemiology and preventive measures. Filling a gap in literature, this book appeals not only to sports physicians, orthopaedic surgeons, trainers, coaches, fellows, and researchers but also to athletes in the various disciplines. Written in collaboration with ESSKA, it provides a useful toolkit to those readers interested in the state-of the-art update on the running athlete.

Flow State Runner Jeff Grant,2016-07-04 Flow State Runner offers a treasure trove of coaching guidance for runners of all levels. Jeff Grant writes in a personable, humorous and engaging style, sharing stories from ultra-running and life to reinforce his innovative and inspiring set of coaching concepts. Jeff draws upon his experience as an ultra-endurance athlete, yoga teacher, mental toughness coach, musician, and adventurer to deliver a refreshing look at running, with a host of new ideas and creative integration of a wide range of concepts that will make a lasting impact on your running. Flow State Runner aims to develop and activate a powerful coach’s voice in your mind, teaching you how to: ATTAIN high quality, fulfilling running experiences SET the conditions for experiencing flow (in-the-zone performance) INTEGRATE the best physical, mental, and spiritual techniques to suit your needs and style CONNECT to your peak potential with breath training, potent visualization practices, and a compelling set of mental training tools ENHANCE your approach to training and racing with creative structure, immediately useful templates & lists, and helpful race day routines PROACTIVELY ADDRESS overload, stress, and balance While Flow State Runner is focused on running, many of Jeff’s lessons transfer seamlessly and supportively into other areas of life.

Dream. Believe. Achieve. Sebastian Elliott,2015-01-30 This book can make an incredibly positive impact on your running Put together to address both your physical and emotional needs as a runner -- with room for notes and observations beyond what typical running logs offer - Dream. Believe. Achieve. can make a big difference in your physical and mental performance as a runner. Dream. Believe. Achieve. does not have pre-printed dates (so you can start using it any day of the year) and includes: =>a 52 week log designed for easy recording of vital daily information like distance ran to time spent running to route run to weekly goals =>weekly wrap-up sections for analysis to help you get more physically and emotionally from your running =>race logs to help you celebrate and learn from your participation in races =>a footwear log so you know when to change out your shoes and to help you determine which shoes best suit your personal needs =>over 50 motivational quotes and tips =>and more As a runner, you will be very happy you purchased Dream. Believe. Achieve.. And, consider buying a copy for your friends who run, they'll be very appreciative of a gift that gives every day of the year. So don't delay, scroll up now and get copies for yourself and your running friends. NOTE: Websites and apps for runners are great, but they lack the tangibility of a book such as this. Nothing can replace the excitement and pride of holding a completed, physical runner's log book in your hands. Take full advantage of computerized measurement and analysis, but also keep a physical log ... it's a very personal and positive experience that mirrors the personal and positive experience you have when running.

Running Form Anderson, Owen,2019 Running Form helps you make key improvements in form, leading to optimal running performance with less risk for injury.

Runner Apps Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has be evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Runner Apps**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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