

Runner's

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Runner's World ,2008-06 Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

Runner's World ,2008-12 Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

Yoga for Runners Christine Felstead,2021-08-11 Adapts the practice of yoga by focusing on the poses that offer the greatest benefits to runners. The poses and sequences in this book are intended to enhance strength, stability, and mobility in order to reduce incidents of running injury and add longevity to your sport as you become a healthier and stronger runner--

Runner's World ,2008-01 Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

Runner's World Complete Book of Women's Running Dagny Scott Barrios,2007-10-30 An updated guide specifically aimed at the growing population of women runners considers the challenges and problems faced by women when running, from clothing, injuries, safety, and nutrition to running during pregnancy and menopause, and includes expert advice on nutrition, weight loss, body image, and more for women of all fitness levels. Original.

Runner's World ,2006-04 Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

Runner's World ,2006-03 Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

Young Runners at the Top Brad Hudson,Lize Brittin,Kevin Beck,2017-06-16 In today's hyper-competitive world, young athletes are often pushed to compete and pressured to succeed to the point of burnout. It doesn't have to be that way, though, because many young runners genuinely enjoy training and racing. But in order to train and compete intelligently—to become better runners yet avoid injuries or academic and social missteps—they need guidance. *Young Runners at the Top: A Training, Racing, and Lifestyle Guide for Competitors and Coaches* provides helpful instructions and suggestions for runners of all abilities. Drawing on their experiences as coaches and runners, authors Brad Hudson, Lize Brittin, and Kevin Beck offer insights into how pre-teens and teens can become faster and stronger athletes. Chapters cover such key topics as choosing the right gear, cross-training, the mental side of running, new technology, how to integrate running into daily life, and proper nutrition. Sample training schedules for beginning, intermediate, and elite runners make this a truly comprehensive resource for runners at all levels. Using examples of athletes who have excelled both as youngsters and adults and citing wisdom from top running coaches, this book encourages young runners to develop the inner strength and discipline required in a demanding sport. Ultimately, *Young Runners at the Top* shares with athletes, coaches, and parents not only what it takes to become a top runner, but also how to maintain a positive attitude and enjoy the act of running day after day, year after year.

Runner's World Runner's Diet Madelyn H. Fernstrom,2005-09-15 A comprehensive eating plan for novice and experienced runners alike is designed to help athletes achieve maximum performance while controlling one's weight, introducing a realistic, lifetime program that can be tailored to individual activity levels. Original. 20,000 first printing.

Runner's World Training Journal Runner's World Magazine,2006-09-19 A daily journal, with sidebar tips on cross-training, running, and nutrition.

Young Runners Marc Bloom,2009-03-10 Loaded with clear and practical information that parents, coaches, and children can put to quick use, *Young Runners* is a comprehensive guide to recreational and competitive running for children of all ages. Former running coach Marc Bloom draws on years of experience, as well as on some of the most successful youth running programs in the United States today, to offer a safe start for our youngest runners and continued healthy running through adolescence. *Young Runners* includes: • Training programs for children aged 3 to 11, 12 to 14, and 15 to 18, including warm-ups and stretches for injury prevention • Information about speed and distance, as well as weekly training programs • A guide to youth races across America Bloom also outlines the different basics for boys and girls, cross-training for enhanced performance in other sports, and the best way to add running to the lives of special-needs children. Filled with inspiring stories and straightforward advice, *Young Runners* focuses above all on the enjoyment of running that should be a part of every kid's life.

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The Runner's Rule Book Mark Remy,Editors of Runner's World Maga,2009-10-13 Every sport has rules. Running is no exception. If you're curious, just visit the Web site of USA Track & Field, the sport's governing body, where you'll find detailed dictates on everything from disqualification to bib-number placement to the caliber of the starter's pistol. But what about the everyday rules of running? The unspoken ones that pertain to the lingo, behavior, and etiquette that every seasoned runner seems to know and every newbie needs to learn? Veteran runner Mark Remy and the editors of *Runner's World* magazine provide answers to these very questions and many more in *The Runner's Rule Book*. With 100+ rules that cover the basics of running, racing, track etiquette, and apparel and gear, including hilarious running commentary on running culture, *The Runner's Rule Book* will be the reference guide you'll turn to again and again for answers to your burning running questions.

Runner's World Training Journal Editors of Runner's World Maga,2012-05-08 A revised edition of the ultimate week-by-week training journal for runners of all abilities– from the top experts in the sport Runner's World Training Journal - by the Editors of Runner's World - provides the perfect framework to help every kind of runner, from fitness joggers to competitive racers, track a year's worth of runs. This updated and revised version includes the latest tips, advice, and motivation from the pros to keep runners going all year long. With space for recording daily routes, mileage, times, and notes–s well as weekly doses of information on training, nutrition, and injury prevention–eaders can track their progress as they achieve their running goals, whether they seek better aerobic conditioning, weight loss, or world records. The only runner's training journal with full-color photos throughout and top-notch tips from the experts at Runner's World, this handsomely redesigned journal provides: • Smear-proof paper and a handy spiral binding for ease of use • A mple space for readers to record facts about each day's run—including route, distance, time, and cross-training—and to note how they felt at the time • A Week-at-a-Glance feature that helps runners summarize their weekly training quickly and easily • Advice for runners on how to analyze their data and set new goals for the next year

Runner's World Run Less Run Faster Bill Pierce,Scott Murr,2021-01-19 Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the Wall Street Journal and featured twice in six months in cover stories in Runner's World magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the 3 plus 2 program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed -2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, Runner's World executive editor and Boston Marathon winner, calls the FIRST training program the most detailed, well-organized, and scientific training program for runners that I have ever seen.

The Non-runner's Book Vic Ziegel,Lewis Grossberger,1978

Going Long Editors of Runner's World Maga,2010-03-30 For more than 40 years, Runner's World magazine has been the world's leading authority on running—bringing its readers the latest running advice and some of the most compelling sports narratives ever told. From inspirational stories such as A Second Life(the story of Matt Long, the FDNY firefighter who learned to run again after a critical injury) to analytical essays such as White Men Can't Run (a look at what puts African runners at the front of the pack), the magazine captivates its readers every month. Now, for the first time, the editors of Runner's World have gathered these and other powerful tales to give readers a collection of writing that is impossible to put down. With more than 40 gripping stories, Going Long transcends the sport of running to reach anyone with an appetite for drama, inspiration, and a glimpse into the human condition.

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