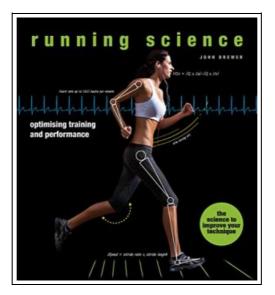
Running Science: Optimizing Training and Performance (Hardback)



Filesize: 5.54 MB

Reviews

The publication is great and fantastic. It really is simplistic but surprises within the 50 % from the publication. Your daily life span will be change when you comprehensive reading this article book. (Althea Aufderhar)

RUNNING SCIENCE: OPTIMIZING TRAINING AND PERFORMANCE (HARDBACK)



The University of Chicago Press, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Running is a deceptively simple sport. At its most basic, you need only shoes and comfortable clothes you don t mind getting sweaty. Yet each time you lace up, all your body s moving parts must work together to achieve a gait that will keep you injury-free. Many other factors also affect your performance, from the weather and the surface you run on to your shoes, your diet, and even your mental and emotional state. Science plays an important role in most, if not all, of these factors. As a sports scientist and Running Fitness columnist, John Brewer has reviewed hundreds of scientific studies, and he offers runners the benefit of their findings in Running Science. Each chapter explores a different aspect of the sport through a series of questions. Many of the questions address practical matters: Do you really need to stretch? Which running shoes best suit your form and foot strike? Does carbo-loading lore stand up to scientific scrutiny--could a big bowl of spaghetti be the difference between a PR and a DNF? Other questions enhance appreciation for the incredible feats of the sport s great athletes. (What would it take to run a two-hour marathon? Perfect weather, a straight, flat course, competition, and a lot of luck!) The answer to each question is presented in a straightforward, accessible manner, with accompanying infographics. Whether you re a beginner or a seasoned runner with many miles and medals behind you, Running Science is a must-have for anyone interested in the fascinating science behind the sport.

Read Running Science: Optimizing Training and Performance (Hardback) Online
Download PDF Running Science: Optimizing Training and Performance (Hardback)

You May Also Like

\rightarrow

Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. You have the power, Dad, to influence and educate your child. You can... Download Document >

\rightarrow

Would It Kill You to Stop Doing That?

Book Condition: New. Publisher/Verlag: Little, Brown Book Group | A Modern Guide to Manners | A laugh-out-loud guide to modern manners by acclaimed humorist, author, and Vanity Fair columnist Henry Alford. | A few years... Download Document >

\rightarrow

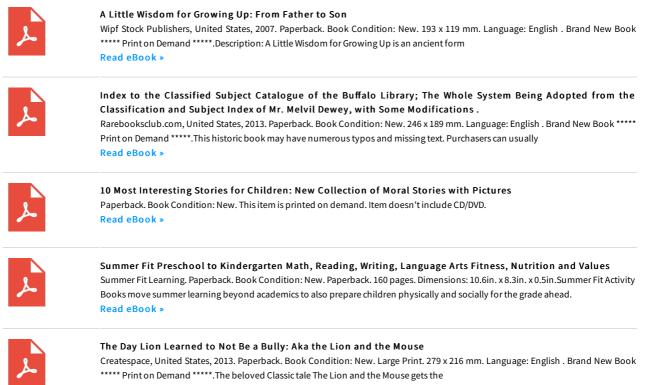
Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginners Crochet Guide with Pictures) Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Getting Your FREE Bonus Download this book, read it to the end and... Download Document »

\rightarrow

You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the... Download Document >

$ \rightarrow $	

Runners World Guide to Running and Pregnancy How to Stay Fit Keep Safe and Have a Healthy Baby by Chris Lundgren 2003 Paperback Revised Book Condition: Brand New. Book Condition: Brand New. Download Document »



Read eBook »