



Better Training for Distance Runners - 2nd Edition

David Martin

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Better Training for Distance Runners provides a prescription for success for today`s competitive distance runners and their coaches. The book combines recent research, sound training principles, and proven program strategies to improve performance in events ranging from the 800-meters to the marathon.

Runners and coaches will find it easy to apply the book`s cutting-edge information about running physiology and biomechanics. They`ll receive straightforward advice for conditioning and competing in the whole range of distance events. The book also covers many popular topics in running, including how to:

- accurately assess running fitness,
- gauge training intensity,
- adjust training loads to achieve peak readiness for competition,
- determine the most effective racing strategy for each event, and
- stay healthy throughout a running career.

Authors Dr. David Martin and Peter Coe are the perfect team for translating lab findings to the road and running track. As one of the world`s foremost researchers on running, Martin regularly tests elite runners to identify their best strategies for staying healthy and improving fitness. Peter Coe, father and coach of 800- and 1000-meter world record holder Sebastian Coe, has long been regarded as a master of devising training plans that allow athletes to reach peak fitness when it counts most. Together, Martin and Coe present the most comprehensive and useful resource on the art and science of distance running—the formula that has produced many national championship, Olympic medal, and world record performances.

Better Training for Distance Runners builds upon the success of the first edition by providing loads of new information, such as the effects of altitude training and glycerin loading, the health problems experienced by women runners who may be too thin, and the best strategies for running road races and the steeplechase. It`s an essential guide and a great read for serious distance runners and coaches who desire to excel in future seasons and events.

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From reader reviews:

Dorothy Pierce:

In this 21st century, people become competitive in every single way. By being competitive now, people have to do something to make these people survive, being in the middle of often the crowded place and notice simply by surrounding. One thing that occasionally many people have underestimated it for a while is reading. Yeah, by reading a book your ability to survive improve then having chance to endure than other is high. To suit your needs who want to start reading the book, we give you this Better Training for Distance Runners - 2nd Edition book as beginner and daily reading e-book. Why, because this book is more than just a book.

Jeannie Brenner:

A lot of people always spent all their free time to vacation or maybe go to the outside with their household or their friend. Were you aware? Many a lot of people spent that their free time just watching TV, or even playing video games all day long. If you need to try to find a new activity this is look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you just read you can spend the entire day to reading a reserve. The book Better Training for Distance Runners - 2nd Edition it is rather good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. If you did not have enough space to develop this book you can buy the actual e-book. You can more quickly to read this book through your smart phone. The price is not very costly but this book has high quality.

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