

## 16 Week Mountain Marathon Training Plan Brutal Events

Details Jeff Galloway's walk/run training methods including the new "magic mile" time trial, fat-burning techniques, and adjustments in the weekly schedule to prevent injuries and improve performance.

"Four-time Olympic marathoner Meb Keflezighi shares his lessons on life, family, faith, and running through a reflection on each of the 26 marathons he's run in his storied career. When four-time Olympian Meb Keflezighi ran his final marathon in New York City on November 5, 2017, it marked the end of an extraordinary distance-running career. Meb will be remembered as the only person in history to win both the Boston and New York City marathons as well as an Olympic marathon silver medal. Meb's last marathon was also his 26th, and each of those 26 marathons has come with its own unique challenges, rewards, and outcomes for him. Through focused narrative, Meb describes key moments and triumphs that made each marathon a unique learning experience and shows runners--whether recreational or professional--how to apply the lessons he's learned to their own running and lives. Chronologically organized by marathon,

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26 Marathons offers wisdom Meb has gleaned about life, family, identity, and faith in addition to tips about running, training, and nutrition. Equal parts inspiration and practical advice, this book will provide readers an inside look at the life and success of one of the greatest runners living today"--

Ever been tempted to try a marathon? Maybe you've just started running, perhaps you're gaining confidence, or are you already well on your way to conquering the iconic distance? Whatever stage you're at on your journey, join marathon man Vassos Alexander as he shows us why we shouldn't be afraid of the big 26.2.

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.

"Inspiring reading." —The Wall Street Journal "One of the scariest things about running a marathon for the first time isn't the distance, the muscle pain, the chafing, or the blisters. It's not knowing what's going to happen. That's why this disarmingly honest collection of first-time accounts is so refreshing." —Runner's World UK First Marathons is the collected stories of 37 runners, told in their own words, describing the experience of running their first marathon. Everything is

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covered, from the early flickerings of desire, all the way to full-blown obsession—the training, the food, the emotions, every mile of this incredible journey. *First Marathons* is the best instruction book you will ever find, because you learn from the heartfelt life experience of others. Illumination and inspiration are on every page. These runners are old and young, fat and thin, men and women. Some are famous (like Grete Waitz, Ted Corbitt, and Bill Rodgers), and others are just ordinary people—all of whom have achieved something truly extraordinary. Their collective message: anyone can run a marathon; everyone should. It will change your life forever.

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

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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."

When elite ultrarunners have a need for speed, they turn to coach Jason Koop. Now the sport's leading coach makes his highly effective ultramarathon training methods available to ultrarunners of all abilities in his book *Training Essentials for Ultrarunning*. Ultramarathoners have traditionally piled on the miles or tried an approach that worked for a friend. Yet ultramarathons are not just longer marathons; simply running more will not prepare you for the race experience you want. Ultramarathon requires a new and specific approach to training. *Training Essentials for Ultrarunning* will revolutionize training for those who want to race an ultramarathon instead of just gutting it out to the finish line. Koop's race-proven ultramarathon program is based on sound science, the most current research, and years of experience coaching the sport's star runners to podium

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performances. Packed with practical advice and vetted training methods, *Training Essentials for Ultrarunning* is the new, must-have resource for first-timers and ultramarathon veterans. Runners using *Training Essentials for Ultrarunning* will gain much more than Koop's training approach:

- The science behind ultramarathon performance.
- Common ultramarathon failure points and how to solve them.
- How to use interval training to focus workouts, make gains, reduce injuries, and race faster.
- Simple, effective fueling and hydration strategies.
- Koop's A.D.A.P.T. method for making the right decisions to solve a race-day crisis.
- How to plan your ultra season for better racing.
- Course-by-course coaching guides to iconic U.S. ultramarathons including American River 50, Badwater 135, Hardrock 100, Javelina 100, JFK 50, Lake Sonoma 50, Leadville 100, Vermont 100, Wasatch 100, and Western States 100.
- How to achieve your goal, whether it's finishing or winning. A revolution is coming to ultrarunning as ultramarathoners shed old habits and embrace the smarter methods that science and experience show are better. Featuring stories and advice from ultrarunning stars Dakota Jones, Kaci Lickteig, Dylan Bowman, Timothy Olson, and others who work with Koop, *Training Essentials for Ultrarunning* is the go-to guide for first-time ultrarunners and competitive ultramarathoners.

**INSTANT NEW YORK TIMES BESTSELLER** The only definitive book authored

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by Wim Hof on his powerful method for realizing our physical and spiritual potential. “This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom.”

—Wim Hof

Wim Hof has a message for each of us: “You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation.” With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as “The Iceman” for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- **Breath**—Wim’s unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body’s untapped strength
- **Mindset**—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living

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Science—How users of this method have redefined what is medically possible in study after study • Health—True stories and testimonials from people using the method to overcome disease and chronic illness • Performance—Increase your endurance, improve recovery time, up your mental game, and more • Wim’s Story—Follow Wim’s inspiring personal journey of discovery, tragedy, and triumph • Spiritual Awakening—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “This is how we will change the world, one soul at a time,” Wim says. “We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction.” If you’re ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

This book is the answer for the growing number of runners interested in going beyond the standard marathon and taking their running to the next level. Using the tactics that have made her one of the top female ultramarathon runners - with more than 100 races and 46 female wins - author Krissy Moehl will help new ultramarathon runners get across the finish line of their first 50-kilometer, 50-mile or 100-mile race. This detailed, yet flexible training plan offers everything a runner needs to successfully complete their first ultra. It is built in phases - including a base phase to bulk up mileage, a hills and strength-training phase, a speed phase, an endurance

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phase and a fine-tuning phase. Along the way readers will cross train, have built-in recovery time and track everything from calories burned to sleep and heart rate. In addition to training, Moehl will help readers pick their first races, assemble their support teams, buy gear and get adequate nutrition. In her 13-year career, Moehl has run more than 100 races. She has 46 female wins and 2 outright wins. When Moehl isn't racing, she serves as a coach for people who want to run ultramarathons. Her positive, encouraging attitude, deep knowledge and enthusiasm for the sport will make sure that readers train right and have fun doing it.

A fun, easy, and economical route to fitness and health” “This book will give women everywhere the guidance they need” (Grete Waitz, 9-time winner of the New York City Marathon). Women’s fitness pioneer Kathrine Switzer has been on her feet for 53 years. She knows how running or walking is the fastest, easiest, and least expensive road to fitness for women of any age. For women over forty in particular, it’s vital to fit an exercise regimen into their busy lives, and ensure they can stay active and healthy for many years to come. No matter how inexperienced or old you are, Switzer will guide and ease you into a new exercise schedule, making the time you give yourself the best part of your day—and your future life. Recommendations for shoes, clothing, injury prevention, nutrition, motivation and finding the time in your life will keep you exercising safely and comfortably. For women over forty, Kathrine Switzer’s expert running and walking programs are specifically designed for you, enabling you to keep healthy and enjoy life to the fullest for decades to come. “For many over-forty women, this book will be a passport to the best years of their lives.” —Joan Benoit Samuelson, Olympic Gold Medalist and US marathon record holder

Run your first marathon or your fastest with Hansons Marathon Method, the revolutionary

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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

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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

Shave minutes off your time using the latest in science-based training for serious runners. Advanced Marathonning has all the information you need to train smarter, remain injury free, and arrive on the start line ready to run the marathon of your life. Including marathon-pace runs and tempo runs, Advanced Marathonning provides only the most effective methods of training. You'll learn how to complement your running workouts with strength, core, flexibility, and form training; implement cutting-edge nutrition and hydration strategies and recovery techniques; and taper properly to reach peak performance. With easy-to-understand day-by-day training schedules for 18- and 12-week preparation for weekly distances of 55, 55 to 70, 70 to 85, and 85-plus miles, Advanced Marathonning is simply the most comprehensive and efficient approach to marathoning. If you're ready to achieve your personal best, this book is for you. In *Training for the New Alpinism*, Steve House, world-class climber and Patagonia ambassador, and Scott Johnston, coach of U.S. National Champions and World Cup Nordic Skiers, translate training theory into practice to allow you to coach yourself to any mountaineering goal. Applying training practices from other endurance sports, House and Johnston demonstrate that following a carefully designed regimen is as effective for alpinism as it is for any other endurance sport and leads to better performance. They deliver detailed

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instruction on how to plan and execute training tailored to your individual circumstances. Whether you work as a banker or a mountain guide, live in the city or the country, are an ice climber, a mountaineer heading to Denali, or a veteran of 8,000-meter peaks, your understanding of how to achieve your goals grows exponentially as you work with this book. Chapters cover endurance and strength training theory and methodology, application and planning, nutrition, altitude, mental fitness, and assessing your goals and your strengths. Chapters are augmented with inspiring essays by world-renowned climbers, including Ueli Steck, Mark Twight, Peter Habeler, Voytek Kurtyka, and Will Gadd. Filled with photos, graphs, and illustrations.

Presents training principles for the multisport mountain athlete who regularly participates in a mix of distance running, ski mountaineering, and other endurance sports that require optimum fitness and customized strength

Ever since the very first event was held over the wild moors of Swaledale in 1968 the mountain marathon has grabbed the interest of the outdoor enthusiast. The challenge of two days navigating your way across a mountain environment while carrying everything needed to be self-sufficient is nowadays proving to be more popular than ever and the original Karrimor International Mountain Marathon has been the genesis of a host of similar events both in Britain and around the world. In this, the first instructional book written for those seeking to face this challenge, the complexities and procedures that control and govern these events are laid open. Everything from the different types of courses and classes of event and how to enter them, through to the equipment required and onto the necessary training both to complete and improve your performance in these gruelling events are included here. Written by two

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experienced mountain marathon competitors who are rapidly gaining the reputation for producing the most comprehensive instructional books for those seeking the thrill of fell and mountain running this book is set to become the bible of all those seeking to complete the mountain marathon.

Andrew Kastor has taken the tried-and-true principles that all us pros follow and made them available and applicable for everyone. Andrew has certainly helped me along my journey--with his sage advice, his miracle-working hands on the massage table, and giving me a laugh when I needed it the most.

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

I Hate Running and You Can Too is a humorous, punchy, motivating guide to running longer distances than some might think sensible - whether that's a 5K or a marathon. Outside magazine columnist, chart-ist, and longtime runner, Brendan Leonard gets real on the love/hate relationship all runners have with the sport. He breaks down running in terms that speak to everyone who has ever struggled to get out the door and go for a run: getting comfortable being uncomfortable, how to start small and stick with it, that walking is a completely legitimate running strategy, and devising your own definition of success. Filled with 75 charts and graphs that give readers a sensible way to think about running, I Hate Running and You Can Too breaks down the reality of the training miles versus race miles, how to stay motivated, and what to do when faced with

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setbacks. *I Hate Running and You Can Too* shows readers that you won't always like running (sometimes you'll even hate it), but if you just keep going, you might learn to love it too.

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.

Traces the author's remarkable career while revealing the influence of his vegan lifestyle, describing his transition from a Midwestern hunter to a record-breaking athlete. *Hal Higdon's Half Marathon Training* *Human Kinetics*

"Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program--in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity--is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, *80/20 Running* is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon distances"--

Features marathon training plans for races of varying distances, and presents

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information on nutrition, orthopedic problems, common injuries, and mental preparation. Jeff's quest for the injury-free marathon training program led him to develop group training programs in 1978, and to author Runner's World articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN™, low mileage, three-day suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

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.

The undisputed classic of running novels and one of the most beloved sports books ever published, *Once a Runner* tells the story of an athlete's dreams amid the turmoil of the 60s and the Vietnam war. Inspired by the author's experience as a collegiate champion, the novel follows Quenton Cassidy, a competitive runner at fictional Southeastern University whose lifelong dream is to run a four-minute mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid

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recesses of his school's athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history. A rare insider's account of the incredibly intense lives of elite distance runners, *Once a Runner* is an inspiring, funny, and spot-on tale of one individual's quest to become a champion.

New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring *Outside* magazine to name him *The Fittest (Real) Man in America*. In this curse-word-free edition of *Can't Hurt Me*, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this *The 40% Rule*, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

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From the author of the bestseller *Eat and Run*, a thrilling new memoir about his grueling, exhilarating, and immensely inspiring 46-day run to break the speed record for the Appalachian Trail. Scott Jurek is one of the world's best known and most beloved ultrarunners. Renowned for his remarkable endurance and speed, accomplished on a vegan diet, he's finished first in nearly all of ultrarunning's elite events over the course of his career. But after two decades of racing, training, speaking, and touring, Jurek felt an urgent need to discover something new about himself. He embarked on a wholly unique challenge, one that would force him to grow as a person and as an athlete: breaking the speed record for the Appalachian Trail. *North* is the story of the 2,189-mile journey that nearly shattered him. When he set out in the spring of 2015, Jurek anticipated punishing terrain, forbidding weather, and inevitable injuries. He would have to run nearly 50 miles a day, every day, for almost seven weeks. He knew he would be pushing himself to the limit, that comfort and rest would be in short supply -- but he couldn't have imagined the physical and emotional toll the trip would exact, nor the rewards it would offer. With his wife, Jenny, friends, and the kindness of strangers supporting him, Jurek ran, hiked, and stumbled his way north, one white blaze at a time. A stunning narrative of perseverance and personal transformation, *North* is a portrait of a man stripped bare on the most demanding and transcendent effort of his life. It will inspire runners and non-runners alike to keep striving for their personal best. The first dedicated book on marathon and half marathon training from the renowned

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experts at Runner's World Runner's World Big Book of Marathon and Half-Marathon Training gives readers the core essentials of marathon training, nutrition, injury prevention, and more. The editors of Runner's World know marathon training better than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book includes testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans. Runner's World Big Book of Marathon and Half-Marathon Training is a powerful and winning resource—the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

The sport of trail running is booming as more runners seek more adventurous routes and a deeper connection with nature. Not only are runners taking to the trail, but a growing number are challenging themselves to go past the conventional 26.2-mile marathon point. The time is right for a book that covers everything a runner needs to safely and successfully run and race trails, from 5Ks to ultra distances. Like a trusted coach, The Trail Runner's Companion offers an inspiring, practical, and goal-oriented approach to trail running and racing. Whether readers are looking to up their distance or tackle new terrain, they'll find sophisticated, yet clear advice that boosts performance and enhances well-being. Along the way, they'll learn: Trail-specific techniques and must-have gear What to eat, drink, and think—before, during, and after any trail run How

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to develop mental tenacity and troubleshoot challenges on longer trail adventures  
Colorful commentary on the characters and culture that make the sport special With an engaging, encouraging voice, including tips and anecdotes from well-known names in the sport, *The Trail Runner's Companion* is the ultimate guide to achieving peak performance—and happiness—out on the trails. "Sarah Lavender Smith has long been one of trail running's finest and most insightful writers, and her first book, *The Trail Runner's Companion*, ties everything together for all trail runners, from newbies to veterans and all abilities in between. She expertly and empathetically describes how one should train, eat, drink, and think while becoming a trail runner. But perhaps most importantly of all, she tells us what it means to be a trail runner—why this journey, in her words, 'all the way up to the summit and back down,' is worth the effort. If you already are a trail runner, *The Trail Runner's Companion* will make you want to become a better trail runner. If you aren't yet a trail runner, *The Trail Runner's Companion* will make you want to become one." - John Trent, longtime ultrarunner, race director, Western States 100-Mile Endurance Run board member, and award-winning sportswriter "The Trail Runner's Companion is a must-have for all trail runners, both new and experienced. It brings a wealth of knowledge and entertaining stories to keep you engaged in the valuable content of the book. If only I had *The Trail Runner's Companion* to read before my first trail race, I could have avoided so many mistakes! I highly recommend it." - Kaci Lickteig, 2016 UltraRunning Magazine UltraRunner of the

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Year and Western States 100-Mile Endurance Run champion

Don't let an old injury keep you from enjoying races, morning runs, or attaining fitness goals. In the first part of *Healthy Running Step by Step*, authors Robert Forster, PT and Roy M. Wallack recommend the best training based on your fitness goals, including strength training, cross training, sprints, yoga, and rest. Part two goes a step further from other books by addressing the most modern methods of treatment—including current studies on the amount of rest required, new and controversial surgical operations and injections, the newest and most effective gear, and barefoot/minimalist running as a form of healing. If you are recovering from an injury or want to prevent becoming injured in the first place, *Healthy Running Step by Step* is a must-have guide. Rock your run with *The Official Rock 'n' Roll Guide to Marathon and Half-Marathon Training!* This practical, encouraging guide makes preparing for marathon and half-marathon as rewarding as race day. With coaching advice, running workouts, and training programs from Coach Mario Fraioli, you'll enjoy training and cross the finish line feeling great. Coach Mario will guide you from sign-up to finish line. With his expert advice, you'll choose your race, set your goals, select the right gear, and move swiftly through a beginner or experienced marathon or half-marathon training program. Fraioli covers all of running's most important topics: dynamic warm-up exercises, smart and realistic workouts, healthy sports nutrition and hydration guidelines, tips for quick and complete recovery, strength training and crosstraining, advice to treat common running

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injuries, and strategies for race week and race day. He offers useful tools like running pace charts, a sweat loss calculator, and a preview of each Rock 'n' Roll race course. The Rock 'n' Roll Marathon and Half-Marathon series is the world's most popular running series because each race is a fun and feel-good challenge. Now with the Official Rock 'n' Roll Guide, you'll be ready to rock your marathon or half-marathon. 4 marathon and half-marathon training programs Beginner plans and advice for your first race Half and full-course plans for experienced runners Rock 'n' Roll course tips, picks, and tricks

Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an "average" runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves "middle of the pack runners" -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. *Run to the Finish* is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as "Favorite hilarious marathon signs" and "Weird Thoughts We all Have at the Start Line," Brooks is the down-to-earth,

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inspiring guide for everyone who wants to be happier with their run.

“A must-have for any woman targeting the distance.” —*Runner’s World* A no-nonsense, interactive guide that empowers all women at all levels to run their strongest, best marathon ever As recently as 1966, women were forbidden to run in the marathon. Professionals—including doctors—believed it was physically impossible and dangerous for women to run more than a mile and a half. But as with many other barriers women have faced over time, we fought our way in. Today, women make up almost half of the marathoning population. Yet most marathon training manuals are written by men. And while these men are experts when it comes to how men can and should train, women need training programs tailored to our bodies—to our unique strengths and weaknesses—so that we can avoid injuries and run at our peak. The programming in this book was created by a woman, specifically for women. *Master the Marathon* is a comprehensive guide to marathon training for women at all levels of running—beginner, intermediate, and advanced. The book takes you through everything you need to know to be prepared for the 26.2 miles of the marathon, including detailed training plans, strength training programs, building your mental awareness of your physical body, nutrition, guidance on finding the best marathon for you, identifying and avoiding potential injuries, inspirational advice, and other unexpected pieces of wisdom. Both incredibly practical and deeply motivating, *Master the Marathon* will help you unlock the strength and determination inside you to embark on the spectacular journey that is the

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marathon.

Presents a half-marathon training program that offers plans for both beginner and advanced runners, stressing lower-mileage runs; speed, strength, and tempo workouts; and nutrition and hydration planning.

Every year, countless runners, endurance athletes, and outdoor enthusiasts discover the sport of trail running. Whether they run for peace of mind, appreciation of nature, or competition, they find a sport unlike any other. *Where the Road Ends: A Guide to Trail Running* captures the excitement, intensity, and appeal of the outdoors. From training and preparation to overcoming nature's obstacles, it's all here, accompanied by detailed instruction, expert insights, and stunning color photography. Inside you'll find these features:

- Techniques for running over dirt, sand, roots, and rock
- Equipment recommendations based on terrain, distance, and conditions
- Safety guidelines for navigation, injury, and water crossings
- Conditioning programs for all levels of runners
- Strategies for improving race-day performance

Whether you are an experienced road runner looking for new challenges or an extreme athlete pushing your physical limits, look no further than *Where the Road Ends*, the authoritative guide for conquering the trails, terrain, and conditions of the great outdoors.

*Trail and Mountain Running* is a practical guide for runners designed to help those who are already running off road and wanting to improve their performance, to try longer or rougher terrain with confidence, and those who simply want to venture from roads onto

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trails and mountain paths for the first time. Divided into three sections, the book covers: Training fundamentals - giving you all the knowledge you need to run off road in terms of training programme, looking after your body, kit and equipment and staying safe in the environment. Racing - providing more detailed advice about what to do pre, during and post race to maximize performance. Optimizing performance - more advanced information on training and racing, and supplementary areas such as altitude training, which can help performance. Throughout the book advice is given relative to four 'typical races' of different lengths and terrain; all of which is interspersed by real life anecdotes and stories from the authors. A practical guide that provides information tailored to all levels of runners who want to both enjoy running off road as well as get better at it. Superbly illustrated with 70 colour photographs. Both Sarah Rowell and Wendy Dodds are highly experienced and successful athletes.

Ultramarathons don't leave much room for mistakes. Don't learn the hard way; get a jump on training for an ultramarathon with Hal Koerner's Field Guide to Ultrarunning, a comprehensive guide to running 30 to 100 miles and beyond, written by one of the most experienced athletes in the sport. Hal Koerner is among America's top ultrarunners with podium results in more than 90 ultramarathons. In his smart, down-to-earth Field Guide, Koerner shares hard-earned wisdom, field-tested habits and practices, and reliable tips and guidelines to help you prepare for your most epic runs. You will read engaging stories of Koerner's own training and racing as well as insights and practical advice on

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trail running technique, proper fueling, race day game plans, and key mental strategies to carry you to the finish line. The guide offers three detailed training plans to prepare for 50K, 50-mile to 100K, and 100-mile ultramarathons.

Olympian Jeff Galloway offers an easy and time-efficient system to train for, and then enter, a 5K or a 10K race. His training has been used successfully by over 500,000 athletes through e-coaching, running schools, fitness retreats, training programs and books. His unique system gives you control over fatigue, while reducing or eliminating aches and pains. Successful schedules help beginners finish each workout strong, with time goal programs for veterans. Easy-to-read advice is given on medical checks, nutrition, fat-burning, aches and pains, shoes, and how to stay motivated. The race day checklist prepares you for the big day.

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