

## Plan De Entrenamiento 5k Para Bajar De 25 Minutos

With *My Life on the Run*, Bart Yasso--an icon of one of the most enduringly popular recreational sports in the United States--offers a touching and humorous memoir about the rewards and challenges of running. Recounting his adventures in locales like Antarctica, Africa, and Chitwan National Park in Nepal (where he was chased by an angry rhino), Yasso recommends the best marathons on foreign terrain and tells runners what they need to know to navigate the logistics of running in an unfamiliar country. He also offers practical guidance for beginning, intermediate, and advanced runners, such as 5-K, half marathon, and marathon training schedules, as well as advice on how to become a runner for life, ever-ready to draw joy from the sport and embrace the adventure that each race may offer

Una guía que te permitirá adquirir una buena disciplina. Para nosotros, los corredores, el ejemplo de los monjes japoneses resulta especialmente interesante, puesto que sobrepasa todos los límites y estructuras de entrenamiento en boga. Además, contradice los principios base del entrenamiento deportivo de progresión. Debido a que se trata de un objetivo sublime, en términos espirituales. Clara Oceja supera los tecnicismos y te muestra el lado espiritual que conlleva el acto de correr. Además, explica los obstáculos a los que se enfrenta la mayoría de los corredores principiantes y comparte consejos para que mejores tus tiempos en caso de que seas un deportista con experiencia media y no sepas como superarte física y mentalmente en esta desafiante disciplina.

"Welcome to what will undoubtedly be a whole new level of athletic performance."—Mark Allen, six-time winner of the Hawaii Ironman. Fiona Bayly, del New York Road Runners Club y organizadora del maratón de Nueva York dice: "Correr 42 kilómetros nunca ha sido tan fácil. La lectura de este libro -Entrenamiento para maratón- te ofrece un programa de quince semanas que junto con el diario de entrenamiento te aseguran el éxito, tanto si quieres correr tu primer maratón como el más rápido hasta la fecha". Y, Don Kardong, escritor de la revista *Runners World*, opina: "Comparado con otros programas de entrenamiento para maratón, éste resulta extraordinario, porque Henderson ha creado una guía de entrenamiento que le sirve a cualquier hombre o mujer. La combinación de objetivos, consejos técnicos e ideas de carácter subjetivo configuran unas lecciones que permiten adquirir el arte requerido para terminar un maratón". Este libro se centra en los requisitos para el entrenamiento, es decir, en el entrenamiento necesario para correr el maratón. Para ello divide a los maratonianos en tres grupos: marchadores, trotadores y corredores. Cada persona debe sumarse a un grupo; el programa de entrenamiento que siga depende de la experiencia y de las metas propuestas. El libro ofrece un plan de entrenamiento de cien días que incluyen el importante período de recuperación que sigue a todo maratón. Cada sesión incluye: una ficha práctica en la que el

corredor anotará en qué ha consistido su sesión de entrenamiento, las condiciones del mismo y cómo puntuaría su estado físico y psicológico, una "orden del día" entre anecdótica y teórica y un "consejo". El objetivo es que cada corredor establezca un ritmo propio, que pueda adaptar su entrenamiento a las necesidades laborales y familiares y ajustarlo a los problemas físicos. El corredor debe enumerar el plan exacto que desea seguir cada uno de los siete días e ir añadiendo detalles a medida que cumple los entrenamientos planeados. Es un libro para ir leyendo día a día, al tiempo que uno se entrena.

A step-by-step training program for adult women of any age at any fitness level who want to train for a half marathon.

The popularity of distance running as a sport, and a recreational activity, is at an all-time high. Motivated by the desire to achieve a personal best, remain healthy, or simply complete an event, distance runners of all ages and abilities actively seek out advice from experienced coaches and sport scientists. This is also reflected in the growth of programmes of education for young coaches and aspiring sport scientists in recent years. There are a multitude of different approaches to training distance runners; however, the basic principles and ingredients required for success are applicable to any distance runner. The science that underpins the training and physical preparation of distance runners has developed considerably in recent years. The most experienced and successful coaches in the distance running community rarely have the opportunity to share their tried and tested methods of training. Similarly, the novel work of sport scientists is often only accessible to elite runners, their support teams and academia. *The Science and Practice of Middle and Long Distance Running* links together the science and coaching artistry associated with preparing distance runners for events ranging from 800 m up to ultra-marathon distances. It combines the latest scientific evidence, published by world-leading sport scientists, with the sound training principles and strategies adopted by experienced coaches. The book translates cutting-edge scientific research from the fields of physiology, biomechanics, psychology and nutrition into practical suggestions for achieving success. Important topical issues and contemporary practices related to health and performance are also addressed. This book is an essential addition to the library of any distance runner, coach or sport scientist. Run your first marathon or your fastest with *Hansons Marathon Method*, the revolutionary 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 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

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.

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."

Presents training advice for building strength and endurance, improving glexibility and speed, and learning to use performance-boosting race tactics

¿Desea realizar el salto de un corredor de 5K / 10K a un finalista de media maratón? Scott

Morton establece el campo de juego de lo que debe hacer mental y físicamente para hacer realidad sus sueños. En su libro, *Cómo evitar un colapso en una media maratón*, se despliegan 10 cosas que le ayudarán a eliminar el fracaso el día de la carrera. En su libro más reciente habla de: Técnicas para energizarse Planes de respaldo Progreso de entrenamiento semana tras semana Derrotar a su crítico interno Supercargar a su Entrenador Interno y muchos otros temas. Compre, *Cómo evitar un colapso en una media maratón de fusión*, hoy y comience a descubrir los elementos esenciales necesarios para evitar una crisis en el circuito de carreras. *Quick Strength for Runners* offers a smart, fast-paced strength training program for runners who want to run faster and with fewer injuries. In under an hour a week, runners will strengthen their core and key running muscles to build a better runner's body. Strength training is crucial to better running and injury prevention. But it's difficult to know which exercises work best for runners or to get motivated to hit the gym. In *Quick Strength for Runners*, running coach and personal trainer Jeff Horowitz simplifies strength training into just two 20-minute workouts per week, with no gym or pricey equipment required. Designed specifically for runners, the *Quick Strength* program pinpoints the exercises that really work. Inside you'll find:

- A guide to how strength training leads to better running form and fitness
- 40 targeted exercises, with step-by-step photos and clear instructions
- Progressive workouts and advanced form options to increase strength as fitness improves
- A focused and efficient 8-week strength training program
- Tips on designing your own long-term workout program for a lifetime of fitness

*Quick Strength for Runners* makes it easy for runners to build a better runner's body. This highly effective, easy-to-implement program will make you a stronger, faster runner in under an hour a week so you can stay on the road or trail.

La guía más completa y extensa sobre entrenamiento para maratón y medio maratón. Lo verdaderamente complicado de cualquier maratón y medio maratón radica en la preparación de la carrera. Este libro presenta todo lo que se necesita para empezar el entrenamiento con buen pie y llegar con éxito hasta la línea de salida. Con este libro aprenderás a encontrar la carrera adecuada para ti, a escoger un objetivo realista y a determinar la mejor estrategia que deberás seguir para lograr este objetivo. Se muestran los principios básicos del entrenamiento, con información sobre la ropa y las zapatillas que se deben de usar y consejos sobre el modo de conciliar las exigencias de entrenamiento con el trabajo, la familia y las obligaciones sociales de la vida diaria. -Incluye las últimas técnicas para que cualquier persona pueda hacer una maratón o medio maratón. -Con ilustraciones y fotografías que facilitan la lectura y comprensión. -Elementos esenciales básicos de entrenamiento para el maratón, nutrición, prevención de lesiones, y más. -Este libro incluye testimonios de los corredores reales, más de 25 planes de formación para todos los niveles. -Los autores son el equipo de la revista *RUNNER'S WORLD*, expertos reconocidos mundialmente en entrenamientos de maratón y medio maratón.

Discover the hard science that will help you run faster, endure for longer, and avoid injury. Analyze your running style and learn how to enhance your gait for optimum efficiency and safety. Transform your performance with exercises targeting strength, flexibility, and recovery - each exercise annotated to reveal the muscle mechanics so you know you're getting it right. Understand the science behind your body's energy systems and how to train to maximize energy storage and conversion. Follow training and exercise programs tailored to different abilities and distances, from 5K to marathon. Whether you are new to running or an experienced runner, this book will help you achieve your goals and stay injury-free.

Dr. Noakes explores the physiology of running, all aspects of training, and recognizing, avoiding, and treating injuries. 133 illustrations.

El *Outdoor Training* persigue potenciar las habilidades laborales y personales de los trabajadores mediante una metodología vivencial basada en el aprendizaje a través de la experiencia directa.



RUN WITH POWER is the groundbreaking guide you need to tap the true potential of your running power meter. From 5K to ultramarathon, a power meter can make you faster—but only if you know how to use it. Just viewing your numbers is not enough; you can only become a faster, stronger, more efficient runner when you know what your key numbers mean for your workouts, races, and your season-long training. In Run with Power, TrainingBible coach Jim Vance offers the comprehensive guide you need to find the speed you want. Run with Power demystifies the data and vocabulary so you can find and understand your most important numbers. You'll set your Running Power Zones so you can begin training using 8 power-based training plans for 5K, 10K, half-marathon, and marathon. Vance shows you how you can compare wattage, heart rate, pace, and perceived exertion to gain the maximum insight into your performances, how you respond to training, and how you can train more effectively. Run with Power will revolutionize how you train and race. Armed with Vance's guidance, you can train more specifically for races, smooth your running technique, accurately measure your fitness, predict a fitness plateau, monitor injuries, know exactly how hard you're training, get more fitness from every workout, recover fully, perfect your tapers, warm up without wasting energy, pace your race on any terrain, know when to open the throttle, and create an unprecedented picture of yourself as an athlete. If you're just glancing at the number on your wrist or computer monitor, you've got a lot more speed potential. Knowledge is power and understanding your power numbers can open the gate to new methods and new PRs. Run with Power introduces the use of power meters to the sport of running and will show you how to break through to all-new levels of performance. Key concepts explored in Run with Power: 3/9 Test, 30-minute Time Trial Test, Running Functional Threshold Power (rFTPw), Running Functional Threshold Pace (rFTPp), Averaged and Normalized Power (NP), Intensity Factor (IF), Peak Power, Variability Index, Efficiency Index (EI), speed per watt, Vance's Power Zones for Running, Training Stress Score (TSS), and Periodization with Power. Includes 6 testing methods and 8 power-based training schedules and workouts for 5K, 10K, half-marathon, and marathon.

The first dedicated book on marathon and half marathon training from the renowned 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.

Achieve a personal best at any distance Are you looking for better race times, whether you run 5Ks or marathons? Searching for that ultimate, exhilarating moment when you're running faster than ever before? Or do you just want to have more fun when you run? You can run faster, and this book will show you how. Run Fast is a comprehensive guide for runners of all abilities to improve your speed and achieve a personal best at any distance. Hal Higdon is one of the most experienced and trusted experts in running, and this classic volume is completely revised and updated with new workouts, race distances, and advice for runners of every level. Run Fast spells out a complete program to help you increase your speed, build your endurance, improve your times, and motivate yourself to achieve your running goals. New training plans for novice runners make getting started easy. More experienced runners will discover refreshing workouts that both improve their speed and make training fun. And, if you've taken an exercise break, you'll see how to get back in shape while staying injury free. Packed with stories and tips from coaches, record-holders, and average runners alike, Run Fast is brimming with inspiration. Experience the thrill of better race times, the satisfaction of running strong, and the sheer joy that comes from running faster than ever before.

Learn how to run faster, unlock your potential, and reach peak performance with training advice from a former Olympic trials marathoner and coach to Olympians like Dathan Ritzenhein. Hudson is the most innovative running coach to come along in a generation. Until now, only a handful of elite athletes have been able to benefit from his methods. Now Run Faster from the 5K to the Marathon shows all runners how to coach themselves as confidently and effectively as Brad coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First you will learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, Run Faster is the cutting-edge guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively—and avoid injury. And you'll soon be running faster than you ever thought possible!

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.

La vida es una serie de altibajos, algunos altos con gozo y felicidad, algunos bajos con lagrimas, pena y desilución. Es como un maratón algunos altos algunos bajos. Cruzando la meta es un mensaje de motivación y desarrollo personal. Es una comparación de una maratón con la vida. Aún si tu no corres o practicas un deporte, te puedes beneficiar de este mensaje para tener un nuevo comienzo. La vida es dura, y los fracasos pueden robar el gozo de nuestra vida. El mensaje de este libro puede ayudarte a encontrar balance en cuerpo, mente y espíritu.

Actividades como correr puede oxigenar tu cerebro, hacer tu corazón más fuerte y enseñarte a ser paciente y disciplinado. Buena nutrición puede mantener tus células saludables y tu cuerpo fuerte para que cumplas tu propósito. Cuando tu encuentras tu propósito en la vida, tu puedes establecer relaciones gente que piensa como tú que puede traer buena energía a tu vida, tu puedes impactar gente a tu alrededor y puedes ser la mejor versión de tí. Fé en Dios puede hacer tu espíritu más florecer y te puede mostrar el camino para que completes la carrera de tu vida, para que cruces la meta.

Entrenamiento runner avanzado Mejora tu mejor marca Independently Published Offers tips on running, from training to apparel to setting and achieving goals. 60 DAS PARA CORRER MARATONES INCREIBLES es una gran manera de aumentar sus marcas como corredor, su nutrición y su cuerpo. Este libro incluye 60 días de duras sesiones de entrenamiento para ayudarle a ganar músculo, esculpir sus abdominales, quemar grasa y convertirse en el mejor corredor. Cada sesión de entrenamiento combina flexibilidad, entrenamiento de fuerza y pliometría en una nueva forma de ganar músculo, perder peso y esculpir su cuerpo. Independientemente de que usted esté entrenando para medio maratón, 10k, 5k y muchos más usted mejorará sus habilidades de forma radical. La mejor nutrición para su cuerpo es esencial para su éxito, por lo que este libro incluye 60 días de Planes Nutricionales de Comida con un desglose completo de calorías, proteínas, carbohidratos, grasas y fibra para que pueda realizar un seguimiento de lo que está consumiendo. Con el mejor entrenamiento y nutrición se encontrará en el buen camino para lograr la mejor versión de sí mismo.

Marketing Directo e Interactivo es el manual de referencia para profesionales y para estudiantes que estábamos esperando en este campo actual y fundamental del marketing actual y del futuro. A la garantía de su anterior libro como manual de referencia en marketing directo en España, ahora añade los cambios del entorno en medios, tecnología y comportamiento del consumidor, con una estructuración muy clara y con ejemplos de máxima actualidad. Profundiza en las bases necesarias para el éxito, como guía útil de cómo captar y cultivar clientes con campañas eficaces y funcionamiento impecable de la empresa, a medida de sus necesidades y deseos cada vez mayores. “Este gran Maestro nos cuenta en su libro ‘La esencia’, lo que hay que aplicar en el día a día en cada una de nuestras empresas.” Elena Gómez, Presidenta de la Federación de Comercio Electrónico y Marketing Directo “Como buen gurú, ha sabido ver el presente e interpretar el futuro con un gran sentido común.” Ricardo Goizueta,

Director General de Comercio y electrónico y venta a distancia de El Corte Inglés “Su experiencia insuperada en marketing directo integrado y marketing relacional convierten a Josep Alet en la persona más calificada para ser nuestro guía. Así lo atestiguan sus libros anteriores, cuyas recetas se han convertido en referencia obligada para todos los que queremos triunfar en los complejos mercados de hoy en día”. Joost Van Nispen, Presidente de ICEMD El autor: Presidente de Marketingcom, agencia consultora en marketing y ventas con oficinas en Barcelona, Madrid y Lisboa. Reconocida por su metodología de Clientización© y Visión Cliente©. Autor de los libros “Cómo obtener clientes leales y rentables. Marketing relacional”, “Marketing eficaz.com. Cómo integrar internet en su empresa para conseguir más clientes y beneficios” y “Marketing Directo Integrado. Cómo crear y fidelizar clientes creciendo con rentabilidad”

Correr como un etíope es el deseo de la mayoría de la gente que ha encontrado en esta actividad un placer sin igual. Y aunque parezca mentira, sí se puede entrenar como los récords del mundo. El autor de este libro te explica cómo, desde la experiencia personal de haber sido «liebre de lujo» y fisioterapeuta de figuras de la talla de Kenenisa Bekele. A los libros habituales sobre corredores se une aquí el día a día en Etiopía, el «país de los mejores», donde hay que hacer frente a numerosas dificultades tanto naturales como de la vida misma. Se incluye planes de entrenamiento para diferentes distancias: 10 kilómetros, media maratón y maratón.

The Lives of Foster Carers analyzes the contradictions, conflicts, and ambiguities experienced by foster carers arising from the inter-penetrations of public bureaucracy and private family life. Topics covered include: social policy pertinent to childcare the history of foster care service available literature on the experience of foster carers public versus private domains in foster care motivations and roles of foster carers how foster carers perceive themselves and their foster children. Based on a wide range of literature and in-depth interviews with forty-six foster carers, this book provides a valuable insight into the concerns, processes and experiences of foster carers in the UK. Jargon free and accessible, it will appeal to foster carers, practitioners, students and academics in social care, youth work and childcare as well as policy makers in children's services.

Sistema único de entrenamiento que proporciona control sobre la fatiga, reduce o elimina molestias y dolores, y ayuda a terminar con fuerzas cada rutina. Con consejos sobre revisiones médicas, nutrición, quema de grasas, molestias y dolores, calzado y cómo mantener la motivación.

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.

Recommended by "Runner's World" magazine as "the best training book" by "the world's greatest coach," "Daniels' Running Formula" provides an expert training



and racing blueprint for dedicated runners of all abilities.

The Athlete's Guide to Recovery is the first comprehensive, practical exploration of the art and science of athletic rest. If you've hit a wall in your training, maybe it's because your body isn't recovering enough from each workout to become stronger. Hard workouts tear down the body, but rest allows the body to repair and come back stronger than before. Athletes who neglect their recovery will gain little from workouts, risking injury, overtraining, and burn out. The Athlete's Guide to Recovery offers a full exploration of rest and recovery for athletes. In her book, certified triathlon and running coach and pioneering yoga for athletes instructor Sage Rountree will guide you to full recovery and improved performance, revealing how to measure your fatigue and recovery, how much rest you need, and how to make the best use of recovery tools. Drawing on her own experience along with interviews with coaches, trainers, and elite athletes, Rountree details daily recovery techniques, demystifying common aids like ice baths, compression apparel, and supplements. She explains in detail how to employ restorative practices such as massage, meditation, and yoga. You will learn which methods work best and how and when they are most effective. The Athlete's Guide to Recovery explores:

- Periodization and overtraining
- Ways to measure fatigue and recovery including heart rate tests, heart rate variability, EPOC, and apps
- Stress reduction
- Sleep, napping, nutrition, hydration, and supplements
- Cold and heat like icing, ice baths, saunas, steam rooms, whirlpools, and heating pads
- Home remedies including compression wear, creams, and salts

Technological aids like e-stim, ultrasound, Normatec

- Massage, self-massage, and foam rolling
- Restorative yoga
- Meditation and breathing

Then you can put these tools and techniques to practice using two comprehensive recovery plans for both short- and long-distance training. This invaluable resource will enable you to maintain that hard-to-find balance between rigorous training and rest so that you can feel great and compete at your highest level.

Al principio lo llamábamos simplemente correr, y apenas prestábamos atención a su técnica o forma correcta de vestir. Ahora, sin embargo, el running ha evolucionado hasta convertirse en un estilo de vida, e incluso un campo de estudio específico dentro del mundo del deporte. En el proceso hemos descubierto que hay una gran diferencia entre simplemente correr, y correr como un experto. Somos conscientes del gran salto que ha dado el running en los últimos tiempos. Cada año se crean nuevas técnicas de carrera y se realizan nuevos estudios al respecto. Si queremos avanzar en nuestro propio entrenamiento, necesitamos ir al día con todo esto. Con Entrenamiento runner avanzado: Mejora tu mejor marca, estamos seguros de haber creado una guía completa para el corredor que decide llevar sus entrenamientos a otro nivel. Aquí encontrarás información relevante sobre todos estos temas: - Principios básicos del running.- Información con respaldo científico.- Técnicas de entrenamiento que cubren todos los aspectos básicos.- Consejos de nutrición para preparar tu carrera.- Consejos para elegir tu calzado.- Planes de entrenamiento para cualquier carrera (5K, 10K, media maratón y maratón).- Consejos para lograr metas específicas: velocidad, fuerza o resistencia. Disfruta de la lectura, y la carrera.

With the right training, anyone can finish a marathon! Hansons First Marathon, from one of America's most successful marathon training groups, offers a smart, friendly guide to preparing for your first marathon. With their proven method, the coaches of the Hansons-Brooks Distance Project will show you how to break down the 26.2 miles into achievable daily workouts. By race day, you'll feel strong and confident of a race experience you'll be proud of. The Hansons-Brooks Distance Project has an amazing track record of turning normal runners into marathoners through their acclaimed Hansons Marathon Method. Now they have made the marathon not just something to check off your bucket list, but also an enjoyable, inspiring, and life-changing experience. Hansons First Marathon is for anyone who has decided to step up to the marathon. Whether you're a totally new runner who has never run a race, a recreational runner who enjoys occasional races, or even a competitive runner who is ready to go all the way—you'll find the right marathon training schedule for you in Hansons First Marathon. Author and coach Luke Humphrey starts you off on the right foot with a simple survey about your running experience, race goals, and your natural strengths and weaknesses. Then he guides you to the right plan to prepare you for the miles ahead. Hansons First Marathon covers everything you need to know: · Finding your foot type and a good shoe for marathon training · The types of workouts and how (and why) to do them · Choosing your race wisely · Training around travel, illness, and navigating injuries · How to stretch and strength train for marathon · Ways to recover from daily runs and after your race · Science-based nutrition and hydration guidelines for workouts and race day · What to do differently during the crucial final 6 weeks before your race · How to get to the start line feeling confident, stress-free, and ready · Setting an ideal marathon race strategy that puts you in control Marathons are an exciting, rewarding challenge for runners of all abilities, but how you get to the start line matters as much as how you finish. Choose Hansons First Marathon to start your marathon adventure and you'll set yourself up for success.

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.

From the authors of the bestselling *Chi Running*, a game-changing training guide for injury-free long distance running. In *Chi Marathon*, Danny Dreyer, creator of the revolutionary ChiRunning program, highly respected running coach, and accomplished distance runner, takes a whole-body approach to long-distance running—much like T'ai Chi—making ease and efficiency of movement the prime goal of one's training. *Chi Marathon* is the first book to focus not on building stamina first (though that is covered here) but on how to run all those miles without harming your body. A staggering 80 to 90 percent of marathoners face injuries during their training. This book debunks the myth that marathoners need to push through and beyond pain, and presents a technique-based plan for pain- and injury-free, high-performance half and full marathons. *Chi Marathon* also shows how to improve your performance by developing your own race-specific training plan tailored to your event, and will help you cross the finish line feeling strong no matter your age, body type, or running ability. -Run a marathon or half marathon free of pain and injury -Transform your racing with the training triad: form, conditioning, and mastery -Tap into your chi, an energy source more powerful and enduring than muscles -Teach your mind and body to work together

as a team and master your event This is the book that distance runners have been waiting for. With Chi Marathon you can enjoy the run and feel confident no matter the distance.

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.

Rachel Swaby and Kit Fox present *Mighty Moe*, the untold true story of runner Maureen Wilton, whose world record-breaking marathon time at age 13 was met first with misogyny and controversy, but ultimately with triumph. Fifty-two years ago, a girl known as *Mighty Moe* broke the women's world marathon record at a small race in Toronto. This was an era when girls and women were discouraged from the sport and the longest track event at the Olympics for women was 25.6 miles shorter than a marathon. Thirteen-year-old *Moe's* world-beating victory was greeted with chauvinistic disapproval and accusations of cheating—as were many of her achievements in the sport she had excelled at from the age of ten. Within less than two years, the controversy took its toll and Maureen quit running. Here is the untold story of *Mighty Moe's* tenacity and triumph in the face of adversity as a young athlete—and of a grown-up Maureen finding her way back to the sport decades later. This inspiring biography for readers and racers of all ages showcases the truly groundbreaking achievements of an unassuming, amazing young athlete. *Mighty Moe* includes an introduction by Kathrine Switzer, the first woman to officially register and run in the Boston Marathon (and Maureen's only fellow female competitor at the 1967 record-setting race), and an afterword by Des Linden, the first-place finisher of the 11,628 women who raced the 2018 Boston Marathon.

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