

**RUN
FARTHER
& FASTER**

Run Farther Run Faster

Bill Pierce, Scott Murr, Ray Moss



Run Farther Run Faster:

Runner's World Run Less, Run Faster, Revised Edition Bill Pierce, Scott Murr, Ray Moss, 2012-04-10 Advises on how to run faster by running less providing a variety of training programs tailored to qualifying times for the Boston Marathon and an overview of the 3PLUS2 program aimed at improving endurance

Art of Running Faster, The Julian Goater, Don Melvin, 2012 *Advanced Marathoning* Pete Pfitzinger, Scott Douglas, 2008-12-19 Shave minutes off your time using the latest in science based training for serious runners Advanced Marathoning 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 Marathoning 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 Marathoning is simply the most comprehensive and efficient approach to marathoning If you re ready to achieve your personal best this book is for you

The Running Revolution Nicholas Romanov, Kurt Brungardt, 2014-09-30 From a two time Olympic coach and creator of the Pose Method who has trained the running elite an essential guide for all runners seeking to go faster and farther without injury Christopher McDougall s Born to Run and the wildly popular natural running trend it sparked changed the way we think about running but it has also prompted many questions Have we been running the wrong way And have we been running in the wrong kind of shoe What is the safest type of foot strike How many types are there And what is a foot strike anyway No existing guide has clearly addressed these concerns until now The Running Revolution provides both beginning and experienced runners with everything they need to know in order to safely and efficiently transition to and master a safer and more biomechanically efficient way of running that is guaranteed to improve performance and minimize wear and tear on the body More than a one size fits all guide The Running Revolution provides readers with clear instructions complete with helpful illustrations that they can easily integrate into their unique running histories in order to run safely intelligently and efficiently for many years to come

Build Your Running Body Pete Magill, Thomas Schwartz, Melissa Breyer, 2014-07-29 The best running book ever Bob Anderson founder of Runner s World Whether you re a miler or an ultramarathoner if you want a fit fast and injury resistant running body there s a better way to train than relentlessly pursuing mileage This easy to use workout manual draws on the latest research in running physiology to target all the components that go into every stride including muscles connective tissue cardiovascular fitness energy production the nervous system hormones and the brain With the breakthrough whole body training program in Build Your Running Body runners will improve their times run longer and more comfortably and reduce injury With more than 150 workouts from weightlifting and cross training to resistance exercises and plyometrics fine tuned to individual skill levels and

performance goals PLUS 393 photos that make it easy to follow every step of every workout 10 training programs to help runners of all levels integrate the total body plan into their daily routines Interviews with leading runners exercise scientists and coaches learn how elite runners train today Race strategy for the crucial weeks leading up to the competition and through to the finish line Exercises to prevent injury and rehabilitate common running ailments Seasoned insight on barefoot running the pros and cons of stretching and other hot button topics Nutrition guidance on carbs proteins fats and weight loss More than 30 recipes to speed recovery and cement fitness gains Beginners guidelines every step of the way Valuable tips on proper apparel tracking your progress and more

Hansons Marathon Method Humphrey Luke, 2012-11-27 In *Hansons Marathon Method* the coaches of the Hansons Brooks Distance Project reveal the methods they've used to turn their runners into race winners national champions and Olympians *Hansons Marathon Method* offers a radical overhaul of marathon training that promises to turn any runner into a true marathoner and help experienced marathoners set new personal bests *Hansons Marathon Method* does away with mega long runs and high mileage weekends two outdated traditions that make most runners miserable Instead 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 miles of the marathon Both Beginner and Advanced training programs feature the unique Hansons 16 mile long run which as part of the Hansons program is ideal for preparing the body for the marathon Humphrey explains how runners should set their goal race pace and shows how to customize the Hansons method to their own needs like adding extra racing running more miles and handling training interruptions Detailed nutrition and hydration chapters help runners pinpoint their personal energy and hydration needs so they know precisely how much to eat and drink during workouts race week race day and for recovery The Hansons approach to pacing and nutrition means marathoners will never hit the wall *Hansons Marathon Method* lays out the smartest marathon training program available from one of the most accomplished running groups in the nation Using this innovative approach runners will mold real marathon muscles train their body to never hit the wall and prepare to run their fastest marathon

Ready to Run Kelly Starrett, 2014-10-21 Push the reset button to unleash your body's power and endurance for running naturally If you're like 80 percent of runners an injury is going to force you to stop your running routine at some point this year and the demands of daily life only add to the wear and tear on your body Life in the modern world has trashed and undercut dedicated runners ability to transform their running The harsh effects of too much sitting and too much time wearing the wrong shoes has left us shackled to lower back problems chronic knee injuries and debilitating foot pain What if you refocus the energy you put into maintaining your current running regimen on forming new habits that can improve your performance and reduce your risk of injury With *Ready to Run* you can take responsibility for what's going on in your body take care of business and harvest any performance that's hiding in the shadows In a direct

answer to the modern runner's needs Dr Kelly Starrett author of the bestseller *Becoming a Supple Leopard The Ultimate Guide to Resolving Pain Preventing Injury and Optimizing Athletic Performance* has focused his revolutionary movement and mobility philosophy on the injury plagued world of running In this book Starrett shares twelve performance standards that will prepare your body for a lifetime of top performance running You will learn How to tap into all of your running potential and access a fountain of youth for lifelong running How to turn your weaknesses into strengths How to prevent chronic overuse injuries by building powerful injury prevention habits into your day How to prepare your body for the demands of changing your running shoes and running technique How to treat pain and swelling with cutting edge modalities and accelerate your recovery How to equip your home mobility gym What mobility exercises to use for restoring optimal function and range of motion to your joints and tissues How to run faster run farther and run better *Dr. Nicholas Romanov's Pose Method of Running* Nicholas S. Romanov, 2002 Dr Romanov's Pose Method Of Running brings his revolutionary ideas that changed the world of running to the professional athlete and amateur alike In a very succinct and enjoyable manner it teaches one to perform to the very best of his ability using the Pose running technique In ballet or martial arts one requires practice of technique The same is true of running Unless you are one of the lucky ones like Haile Gebrselassie Steve Prefontaine or Michael Johnson who were born with the perfect technique you have to learn it Until Dr Romanov's discovery there was no coherent theory on the subject Running was practiced but not taught as a skill The Pose Method proposes to teach running as a skill with its own theory concepts and exercises **Running to the Edge** Matthew

Futterman, 2019-06-04 Gripping the narrative is smooth and immediate almost effortless in its detail if occasionally breathless like a good fast run The New York Times Book Review Visionary American running coach Bob Larsen assembled a mismatched team of elite California runners the start of his decades long quest for championships Olympic glory and pursuit of the epic run In the dusty hills above San Diego Bob Larsen became America's greatest running coach Starting with a ragtag group of high school cross country and track runners Larsen set out on a decades long quest to find the secret of running impossibly fast for longer distances than anyone thought possible Himself a former farm boy who fell into his track career by accident Larsen worked through coaching high school junior college and college coaxing talented runners away from more traditional sports as the running craze was in its infancy in the 60's and 70's On the arid trails and windy roads of California Larsen relentlessly sought the secret sauce of speed and endurance that would catapult American running onto the national stage *Running to the Edge* is a riveting account of Larsen's journey and his quest to discover the unorthodox training secrets that would lead American runners elite and recreational to breakthroughs never imagined New York Times Deputy Sports Editor Matthew Futterman interweaves the dramatic stories of Larsen's runners with a fascinating discourse of the science behind human running as well as a personal running narrative that follows Futterman's own checkered love affair with the sport The result is a narrative that will speak to every runner a story of Larsen's triumphs from high school

cross country meets to the founding of the cult favorite 70 s running group the Jamul Toads from national championships to his long tenure as head coach at UCLA and from the secret training regimen of world champion athletes like Larsen s protégé American Meb Keflezighi to victories at the New York and Boston Marathons as well as the Olympics Running to the Edge is a page turner a relentless crusade to run faster farther

Runner's World Your Best Stride Jonathan Beverly,2017-06-13 Run the Way You Were Born to Run Every runner wants a smooth light powerful and resilient stride But there isn t one ideal form all runners should try to emulate Instead research and experience show that people can run effectively in a wide variety of patterns with some universal elements In lively accessible prose author Jonathan Beverly details his search for common ground among physical therapists podiatrists biomechanics researchers and coaches and reveals how individual runners can apply those principles and improve their performance avoid injury and enhance their enjoyment on the run With specific illustrated exercises that show how to counteract tight muscles from excessive sitting improve limited arm mobility from hunching over electronic devices strengthen your feet for better balance and improve speed by lengthening your stride Runner s World Your Best Stride is an approachable guide to human movement and a practical tool for improved running performance

[Fast After 50](#) Joe Friel,2015-01-10 Read Fast After 50 to learn more about the effects of aging on athletic performance and how you can be a competitive endurance athlete as you get older Triathlete magazine For runners cyclists triathletes swimmers and cross country skiers getting older doesn t have to mean getting slower Drawing from the most current research on aging and sports performance Joe Friel America s leading endurance sports coach shows how athletes can race strong and stay healthy well past age fifty In his groundbreaking book Fast After 50 Friel offers a smart approach for athletes to ward off the effects of age Friel shows athletes how to extend their racing careers for decades and race to win Fast After 50 presents guidelines for high intensity workouts focused strength training recovery crosstraining and nutrition for high performance How the body s response to training changes with age how to adapt your training plan and how to avoid overtraining How to shed body fat and regain muscle density How to create a progressive plan for training rest recovery and competition Workout guidelines field tests and intensity measurement In Fast After 50 Joe Friel shows athletes that age is just a number and race results are the only numbers that count With contributions from Mark Allen Gale Bernhardt Amby Burfoot Dr Larry Creswell John Howard Dr Tim Noakes Ned Overend Dr John Post Dr Andrew Pruitt and Lisa Rainsberger Fast After 50 is the best of this year s batch of practical books on science and performance A great overview of the science of endurance training for anyone but particularly focused on how to adapt as you get older Solid advice clearly presented Runner s World

Once a Runner John L. Parker,2009-04-07 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 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. **Older, Faster, Stronger** Margaret Webb, 2014-10-07 One part personal quest to discover running greatness after age 50 one part investigation into what the women's running boom can teach athletes about becoming fitter stronger and faster as we age. Older Faster Stronger is an engrossing narrative sure to inspire women of all ages. A former overweight smoker turned marathoner Margaret Webb runs with elite older women follows a high performance training plan devised by experts and examines research that shows how endurance training can stall aging. She then tests herself against the world's best older runners at the world masters games in Torino Italy. Millions of women have taken up running in recent decades the first generation of women to train in great numbers. Women are qualifying for the Olympic marathon in their 50s running 100 mile ultra marathons in their 60s completing Ironmans in their 80s competing for world masters records in their 90s. What are the secrets of these ageless wonders? How do they get stronger and faster long after their athletic prime? Is there an evolutionary reason women can maintain endurance into advanced years? Webb immerses herself in these questions as she as she trains to see just how fast she can get after 50. **Run Farther, Run Faster** Joe Henderson, 1985 **The Incomplete Book of Running** Peter Sagal, 2018-10-30 Peter Sagal the host of NPR's Wait Wait Don't Tell Me and a popular columnist for Runner's World shares commentary and reflection about running with a deeply felt personal story. This book is winning smart honest and affecting. Whether you are a runner or not it will move you. Susan Orlean On the verge of turning forty Peter Sagal brainiac Harvard grad short bald Jew with a disposition towards heft and a sedentary star of public radio started running seriously. And much to his own surprise he kept going faster and further running fourteen marathons and logging tens of thousands of miles on roads sidewalks paths and trails all over the United States and the world including the 2013 Boston Marathon where he crossed the finish line moments before the bombings. In The Incomplete Book of Running Sagal reflects on the trails tracks and routes he's traveled from the humorous absurdity of running charity races in his underwear in St. Louis in February or attempting to quiet his colon on runs around his neighborhood to the experience of running as a guide to visually impaired runners and the triumphant post bombing running of the Boston Marathon in 2014. With humor and humanity Sagal also writes about the emotional experience of running body image the similarities between endurance sports and sadomasochism the legacy of running as passed down from parent to child and the odd but extraordinary bonds created between strangers and friends. The result is a brilliant book about running. What Peter runs toward is strength understanding

endurance acceptance faith hope and charity P J O Rourke Faster Road Racing Pfitzinger, Pete, Latter, Phillip, 2014-11-06 In Faster Road Racing 5K to Half Marathon renowned running authority Pete Pfitzinger and Running Times senior writer Philip Latter present training plans for the most popular race distances as well as advice on recovery cross training nutrition tapering and masters running **Simple Marathon Training** Jay Johnson, 2016-11-01 Book Description Do you dream of running a great marathon but your busy life and obligations make the training commitments difficult Do you suffer from injuries that put you on the sidelines when you desire to race The 20 week Simple Marathon Training system can prepare you for marathon success With a modern outlook on training schedules innovative exercises for injury prevention and maximizing time spent training the Simple Marathon Training system prepares you to toe the line with the confidence to run your best marathon The Simple Marathon Training system has improved marathon times and the overall experience for many busy adult runners with hectic lives This system works It will for you too Included in Simple Marathon Training is a day by day schedule which includes running assignments as well as the crucial element missing from most training plans core strength hip strength and hip mobility exercises You don t have to look at a sequence of photos in the book to learn these routines rather you will be able to watch all these strength and mobility videos online for free The incorporation of training videos into a sound marathon training program makes Simple Marathon a one of a kind system a book that will help any committed athlete run a great marathon The Geek Out section at the back of the book is another unique aspect of Simple Marathon Training The Geek Outs are written by world renowned physiologists and professional marathoners as well as Coach Jay s clients who have been using the system for several years to run PRs You ll learn why it s best to do your hardest strength and mobility work on the same day as your workouts and long runs You ll learn the correct method for fueling during a marathon Information on imagery leading up to the race and mental skills to use during race day are just some of the topics in the Geek Out section The bottom line is if you re a busy adult with a hectic life Simple Marathon Training is the right training book for you Jay s training system works beautifully for runners who aim for excellence in every area of their lives athletically personally and professionally He understands that we re busy but still want to run our best he s helped me do just that Cindy Kuzma Freelance health and fitness writer and contributing editor to Runner s World Magazine *The Science of Running* Steve Magness, 2014 Reviews of The Science of Running The Science of Running sets the new standard for training theory and physiological data Every veteran and beginner distance coach needs to have this on their book shelf Alan Webb American Record Holder Mile 3 46 91 For anyone serious about running The Science of Running offers the latest information and research for optimizing not only your understanding of training but also your performance If you want to delve deeper into the world of running and training this book is for you You will never look at running the same Jackie Areson 15th at the 2013 World Championships in the 5k 15 12 5 000m best If you are looking for how to finish your first 5k this book isn t for you The Science of Running is written for those of us looking to maximize our performance get as close to our limits as possible and

more than anything find out how good we can be or how good our athletes can be In The Science of Running elite coach and exercise physiologist Steve Magness integrates the latest research with the training processes of the world's best runners to deliver an in depth look at how to maximize your performance It is a unique book that conquers both the scientific and practical points of running in two different sections The first is aimed at identifying what limits running performance from a scientific standpoint You will take a tour through the inside of the body learning what causes fatigue how we produce energy to run and how the brain functions to hold you back from super human performance In section two we turn to the practical application of this information and focus on the process of training to achieve your goals You will learn how to develop training plans and to look at training in a completely different way The Science of Running does not hold back information and is sure to challenge you to become a better athlete coach or exercise scientist in covering such topics as What is fatigue The latest research on looking at fatigue from a brain centered view Why VO2max is the most overrated and misunderstood concept in both the lab and on the track Why zone training leads to suboptimal performance How to properly individualize training for your own unique physiology How to look at the training process in a unique way in terms of stimulus and adaptation Full sample training programs from 800m to the marathon **Run Farther, Run Faster** Joe Henderson, 1984

Runner's World Run Less, Run Faster Bill Pierce, Scott Murr, Ray Moss, Editors of Runner's World Magazine, 2012-04-10 The Furman Institute of Running and Scientific Training known as FIRST is dedicated to make running more accessible and limit overtraining and burnout while producing faster race times FIRST is one of the foremost experts in the world on the science of running its authority is unmatched and the promise of training less and accomplishing more has made the first two editions of Run Less Run Faster a solid and steady seller With 50 percent updated content this new edition of Runner's World Run Less Run Faster by Bill Pierce Scott Murr and Ray Moss continues to promise the same tantalizing results Readers can get stronger faster and better by training less It will also include more sections for novice runners broadening the audience appeal as well as training plans tailored to the new qualifying times for the Boston Marathon The quality over quantity approach optimizes training time and yields better performance results runners will love no matter what distance they are racing

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Run Farther Run Faster Introduction

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