



# Running Racing

**William Bridel, Pirkko Markula, Jim  
Denison**



## Running Racing:

*Hal Higdon's Half Marathon Training* Higdon, Hal, 2016-03-01 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      **Racing the Clock** Bernd Heinrich, 2021-07-06 An award winning much loved biologist turns his gaze on himself using his long distance running to illuminate the changes to a human body over a lifetime Part memoir part scientific investigation *Racing the Clock* is the book biologist and natural historian Bernd Heinrich has been waiting his entire life to write A dedicated and accomplished marathon and ultra marathon runner who won his first marathon at age thirty nine Heinrich looks deeply at running aging and the body exploring the unresolved relationship between metabolism diet exercise and age Why do some bodies age differently than others How much control do we have over that process and what effect if any does being active have Bringing to bear research from his entire career and in the spirit of his classic *Why We Run* Heinrich probes the questions of how we use energy and continue to adapt to our mutable surroundings and circumstances Beyond that he examines how our bodies change while we age but also how we can work with if not overcome many of these changes and what all this tells us about evolution and the mechanisms of life health and happiness *Racing the Clock* offers fascinating and surprising conclusions all while bringing the reader along on Heinrich's compelling journey to what he says will be his final race a fifty kilometer race at age eighty      **Runner's World Best: Competitive Running** Adam Bean, 2006-08-22 A concise illustrated reference outlines the benefits of competitive running counseling athletes of any level on basic principles of various races from 5K runs to marathon competitions in a guide that covers such topics as nutrition hydration and strength and flexibility training Original      **Lore of Running** Timothy Noakes, 2003 Dr Noakes explores the physiology of running all aspects of training and recognizing avoiding and treating injuries 133 illustrations      *Racing the Antelope* Bernd Heinrich, 2001-04-24 *Racing the Antelope* The human experience is populated by dreams and aspirations For me the animal totem of these dreams is the antelope swift strong and elusive we chase after antelope and sometimes we catch them Often we don't But why do we bother I think it is because without dream antelopes to chase we become what a lapdog is to a wolf And we are inherently more like wolves than lapdogs because the communal chase is part of our biological makeup In 1981 Bernd Heinrich a lifelong runner decided to test his limits at age forty one and race in the North American 100 Kilometer Championship race in Chicago To improve his own preparations as a runner he wondered what he could learn from other animals what makes us different and how we are the same and what new perspective these lessons could shed on human evolution A biologist and award winning nature writer he considered the flight endurance of insects and birds the antelope's running prowess and limitations the ultraendurance of the camel and the remarkable sprinting and jumping skills of frogs Exploring how biological adaptations have granted these creatures superhuman abilities he looked at how human physiology can or cannot replicate

these adaptations Drawing on his observations and knowledge of animal physiology and behavior Heinrich ran the race and the results surprised everyone himself most of all In *Racing the Antelope* Heinrich applies his characteristic blend of scientific inquiry and philosophical musing to a deft exploration of the human desire even need to run His rich prose reveals what endurance athletes can learn about the body and the spirit from other athletes in the animal kingdom He then takes you into the heart of his own grueling 100 kilometer ultramarathon where he puts into practice all that he has discovered about the physical spiritual and primal drive to win At once lyrical and scientific *Racing the Antelope* melds a unique blend of biology anthropology psychology and philosophy with Heinrich s passion for running to discover how and why we run

Running Within Jerry Lynch, Warren A. Scott, 1999 Offers goal setting guidelines relaxation and visualization exercises methods for coping with fatigue and injuries and ways to boost motivation 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 *Running Past 50* Caolan Macmahon, 2024-11-11 *Running Past 50* offers ready to use training plans that account for the needs of runners age 50 and over With science based practical advice you can make the purposeful adjustments in training intensity recovery goal setting and mental outlook to enjoy a lifetime of running *Endurance Running* William Bridel, Pirkko Markula, Jim Denison, 2015-10-05 Running is a fundamental human activity and holds an important place in popular culture In recent decades it has exploded in popularity as a leisure pursuit with marathons and endurance challenges exerting a strong fascination *Endurance Running* is the first collection of original qualitative research to examine distance running through a socio cultural lens with a general objective of understanding the concept and meaning of endurance historically and in contemporary times Adopting diverse theoretical and methodological approaches to explore topics such as historical conceptualizations of endurance lived experiences of endurance running and the meaning of endurance in individual lives the book reveals how the biological historical psychological and sociological converge to form contextually specific ideas about endurance running and runners *Endurance Running* is an essential book for anybody researching across the entire spectrum of endurance sports and fascinating reading for anybody working in the sociology of sport or the body cultural studies or behavioural science Masters Running Hal Higdon, 2005-03-10 A championship runner describes the techniques and methods needed to become a competitive runner after age forty with information on intelligent training developing fitness and flexibility maintaining a healthy diet and much more Original 20 000 first printing *Run Like a Champion* Alan Culpepper, 2015-03-05 In *Run Like a Champion* one of America s most versatile and accomplished runners Alan Culpepper reveals the best practices of the best runners Over his 25 year racing career Culpepper won national titles from 5K to marathon a span of race distances so wide that just a few runners can claim the same impressive versatility Culpepper sets out his approach and the lessons he learned from his competitors so that all

runners can fully realize their potential As a two time Olympic competitor Culpepper has a unique understanding of what it takes to compete at the highest level His running career has put him on the start line alongside the world s best runners and he has found that despite their many differences talents and approaches to training among them they share a common understanding the best athletes know that the secret to success in running lies in understanding a bigger picture of training Not everyone has the physiology to run at the highest level but everyone can benefit from implementing an Olympic approach to training Run Like a Champion shares a big picture view of running looking at not only the essential training elements but also other key pieces of the puzzle identifying motivation finding a proper work life family balance and understanding complementary aspects of training such as stretching how much to drink diet and how to avoid and treat injuries Run Like a Champion reveals all the guidelines tips and tricks workouts mental training and nutritional practices that Olympic runners use By making this Olympic approach part of their running runners of all levels will make their goals achievable from 5K to marathon

**Running with Sherman** Christopher McDougall,2020-07-28 From the bestselling author of Born to Run a heartwarming story about training a rescue donkey to run one of the most challenging races in America and in the process discovering the life changing power of the human animal connection A delight full of heart and hijinks and humor John Grogan author of Marley Me Life and Love with the World s Worst Dog When Christopher McDougall decided to adopt a donkey in dire straits he had no idea what he was getting himself into But with the help of his neighbors Chris came up with a crazy idea Burro racing a unique type of competition in which humans and donkeys run side by side over mountains and through streams would be exactly the challenge Sherman and Chris needed In the course of Sherman s training Chris would enlist Amish running clubs high spirited goats the service animal community and two Sarah Palin loving long distance female truckers Sherman s heartwarming story of overcoming all odds to run one of the most unbelievable races in America shows the healing power of movement and the strength of the human animal connection Look for Christopher McDougall s new book Born to Run 2 coming in December

**Born to Run** Christopher McDougall,2010-12-09 A New York Times bestseller A sensation a rollicking tale well told The Times At the heart of Born to Run lies a mysterious tribe of Mexican Indians the Tarahumara who live quietly in canyons and are reputed to be the best distance runners in the world in 1993 one of them aged 57 came first in a prestigious 100 mile race wearing a toga and sandals A small group of the world s top ultra runners and the awe inspiring author make the treacherous journey into the canyons to try to learn the tribe s secrets and then take them on over a course 50 miles long With incredible energy and smart observation McDougall tells this story while asking what the secrets are to being an incredible runner Travelling to labs at Harvard Nike and elsewhere he comes across an incredible cast of characters including the woman who recently broke the world record for 100 miles and for her encore ran a 2 50 marathon in a bikini pausing to down a beer at the 20 mile mark

**Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-Mile Race** Krissy Moehl,2022-03-08 Updated and expanded new edition An

Updated Interactive Guide to Take Your Running to the Next Level With 20 years of running and competing around the world under her belt Krissy Moehl is a top female ultramarathon runner respected by her peers and an inspiration to runners everywhere With enhanced chapter information quotes from pillars in the sport and her updated training plans including write in running logs to keep track of progress you ll be able to train for your first ultra like a pro Moehl s experience translates into the most effective and easy to follow training method broken down into phases to help all runners take it to the next level and accomplish their goals She will guide you on everything from choosing the right race for you to injury prevention and picking the right gear She also shares her love of the sport by providing helpful tips bonus content and personal stories With this book you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon

**On Running and Becoming Human** Thomas F. Carter,2018-04-10 How does the simple act of running make us human As a form of enskilled movement that shapes how we perceive our surroundings running enacts a mindful bodily engagement with the world an engagement that generates our very minds through perceptual learning Thomas F Carter examines the interrelated aspects of a runner s being mind body and environs to illustrate that the skillful act of locomotion is one of principle ways that we as human beings become integral parts of the larger world Synthesizing recent developments in neuroscience anthropology and philosophy of mind On Running proves there is more to running than merely clocking up the miles

*How to Run the Perfect Race* Matt Fitzgerald,2024-05-14 Bestselling author and coach Matt Fitzgerald explains how to train for and execute a perfect race Master the art of pacing and run your next 5K 10K half marathon or marathon at your real limit Every runner knows pacing is critical It can be the difference between a breakthrough workout and a backbreaker between a PR and a DNF In *How to Run the Perfect Race* acclaimed running coach Matt Fitzgerald reveals how conventional training and device overdependence keep runners from accessing the full power of pacing With a mix of fascinating science and compelling stories from every corner of the sport Fitzgerald demonstrates that pacing is the art of finding your real limit running at a pace to finish the workout or cross the finish line completely out of gas This quintessential running skill unlocks hidden potential and transforms the sport enabling runners of all experience and ability levels to continually improve their race execution Training plans for 5K 10K half marathon and marathon events will hone your pacing skill through improved body awareness judgment and toughness Choose from four plans novice to expert for each race distance *How to Run the Perfect Race* equips you mentally and physically to become a better runner capable of knowing and executing your best effort on any given day

**Cross-Country Running & Racing** Jeff Galloway,2010-10-07 Annotation This book presents all the training necessary to train for cross country races Galloway s successful training program explains how to build endurance train and race on hills varied terrain running speed training race strategies maximizing performance and reducing the risk of injury

Run Fast Hal Higdon,2016-10-04 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

Run for Your Life Deborah Reber, 2005-09 We all know that running is good for the mind body and soul But for the woman who has never run farther than a bus stop running can seem daunting even painful The good thing is that running is free and you can do it anywhere All you need are your own two feet and a little support In the pages of Run for Your Life Deborah Reber gives you everything you need to know to get moving how to get started what it will feel like what to wear and most importantly how to stick with it

### **Running Through the Wall** Neal

Jamison, 2014-04-30 WHAT S IT LIKE TO RUN FOR 30 50 OR 100 MILES This book is a great inspiration not only to current ultrarunners and to marathoners looking for the next challenge but also to runners of all abilities who will see that there is nothing you can t do if you have the desire What makes ultrarunners tick What goes through their minds at mile 93 How can you train for such a colossal undertaking These questions and many more are answered in this inspiring collection of 39 personal stories from ultramarathoners Ultramarathoning is the logical next step for those who burn with a desire to explore their limits and beyond It is impossible to run ultra distances without coming away with at least one fascinating story This book is full of them There are stories of fatigue blisters nausea and despair But the ultrarunner prevails to find hope love healing self discovery friendship selflessness and in the end for most triumph Learn what it feels like to run an ultra from the champions the newcomers and the veterans of the sport A few brief excerpts I left Edinburg witnessing my second sunrise on this run Most ultrarunners dread dawn the hours from 4 00 to 6 00 a m primarily because this is when fatigue sets in Keith Knipling It would be hours before we d see the first aid station and probably close to two days before we d have dry feet again Deb Pero I m 95 miles into a 100 miler it s over 100 degrees out my legs are shot I m a few scant minutes ahead of Ann and Gabriel and my pacer is stopped dead in the trail for fear of a skunk Tim Twietmeyer Ultrarunning is without question the most feared aspect of adventure racing Ian Adamson The urge to quit right there was overwhelming but I was still in the race Perhaps a miracle would happen and I could get in under the four hours it would take to make the next cutoff I thanked

the aid station captain and plunged into the darkness Will Brown It was time to put all the viable excuses aside and look inside Tracy Baldyga I think I quit about 20 times during the race mostly between the time the sun went down and the time that I finally walked away Reality sets in when it gets dark The trail gets lonely Jason Hodde During every race you are faced with a moment of truth a point in the race when you either quit or persevere to the end Every person who finishes an ultramarathon has accomplished a great feat simply because they finished Bethany Hunter



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