



JOE HENDERSON

# **RUN GENTLY, RUN LONG**

The follow-up to Long Slow Distance,  
five years and one surgery later

# Run Gently Run Long

**Joe Henderson**



## **Run Gently Run Long:**

**Run Gently, Run Long** Joe Henderson, 1978-07      **Run Gently, Run Long** Joe Henderson, 1978-06-01      **Running** Lindsey A. Freeman, 2023-02-10 In *Running* former NCAA Division I track athlete Lindsey A. Freeman presents the feminist and queer handbook of running that she always wanted but could never find. For Freeman, running is full of joy, desire, and indulgence in the pleasure and weirdness of having a body. It allows for a space of freedom to move and be moved. Through tender storytelling of a lifetime wearing running shoes, Freeman considers injury and recovery, what it means to run as a visibly queer person, and how the release found in running comes from a desire to touch something that cannot be accessed when still. *Running* invites us to run through life, legging it out the best we can, with heart and style.      **Going Far** Joe Henderson, 2011-11      **Best Runs** Joe Henderson, 1999 Explains that running is about much more than going farther and faster; it's about having your best possible experience each and every time out.      **Slow Jogging** Hiroaki Tanaka, Magdalena Jackowska, 2016-05-10 Running is America's most popular participatory sport, yet more than half of those who identify as runners get injured every year. Falling prey to injuries from overtraining, faulty form, poor eating, and improper footwear, many runners eventually and reluctantly abandon the sport for a less strenuous pastime. But for the first time in the United States, Hiroaki Tanaka's *Slow Jogging* demonstrates that there is an efficient, healthier, and pain-free approach to running for all ages and lifestyles. Tanaka's method of easy running or slow jogging is an injury-free approach to running that helps participants burn calories, lose weight, and even reverse the effects of Type 2 diabetes. With easy-to-follow steps and colorful charts, *Slow Jogging* teaches runners to enjoy injury-free activity by maintaining a smiling or niko niko in Japanese pace that is both easy and enjoyable. Landing on mid-foot instead of on the heel. Choosing shoes with thin, flexible soles and no oversized heel. Aiming for a pace of 180 steps per minute. And trying to find time for activity every day. Accessible to runners of all fitness levels and ages, *Slow Jogging* will inspire thousands more Americans to take up running and will change the way that avid runners hit the pavement.      **Long Slow Distance** Joe Henderson, 2012-04-18 A revolutionary is where you find him, wrote running's leading writer Dr. George Sheehan, as he reflected on the revolution charged 1960s. He could be the guy next door. Joe Henderson looks like a typical guy next door. Out of Iowa, he has the smile and style of the heartland of America. But he has fallen for that old Socratic saw that the unexamined life is not worth living. The first result was revolt, rebellion, and a booklet called *Long Slow Distance: The Humane Way to Train*. The LSD method of running that Henderson espouses is not new. He has simply systematized it and in effect founded a new order, a new sect that has bid pain, suffering, and sacrifice good-bye. Joe Henderson is a revolutionary not because his writings have produced a wave of faster runners but because he has spawned happier ones. This slim volume, published in 1969, chronicles the revolution in approaches and attitudes that helped spark the running boom of the 1970s. *Long Slow Distance* tells the stories of Henderson and five fellow revolutionaries: Amby Burfoot, Bob Deines, Tom Osler, Ed Winrow, and Jeff Kroot, who all revolted against the speed training in vogue at the

time Independently they arrived at similar conclusions about their long distance training slowing and going longer The Kindle edition includes a new introduction and updates on the six runners *Triathloning for Ordinary Mortals* Steven Jonas,1999 The explosion of interest in physical fitness that has sent Americans running bicycling and swimming by the tens of thousands now extends to the fitness competition that combines all three triathloning Steven Jonas a former nonathlete who began endurance sports in middle age offers an accessible program for anyone from beginner to experienced jogger Dr Jonas s own experiences are the basis of this user friendly book directed to the person who wants to do more than just run He sets forth basic recommendations on equipment necessary for triathloning and outlines a three phased training program that will take the untrained beginner to a state of fitness where he or she can complete a triathlon of moderate distance The book includes a chapter on nutrition and a stretching program Dr Jonas has revised and updated the work to include information on how to run longer races how to train for the increasingly popular duathlon run bike run and new tips from his further fifteen years of experience Techniques fitness training equipment nutrition pre race the race itself a readable introduction for the aspiring recreational triathlete A new chapter on duathlons and how to run longer races and updated appendixes on the latest magazines and books of interest to triathlons Dr Steven Jonas has participated in 100 multi sports events Slowing Down to Run Faster Edward Yu,2020-06-30 A trainer and former triathlete shows you how to achieve the results you want with a new multidisciplinary approach Why does trying harder sometimes become an exercise in futility Why does following expert advice often lead to little or no improvement What if there were an efficient way of learning that could be applied to every area of human experience Drawing from the principles of Bagua Taichi and Feldenkrais Edward Yu presents an innovative approach to running power speed and agility are more related to your ability to sense your own body than to willpower or raw talent Centering the art of running as an explorative creative and somatic based practice Yu shows us how to run faster by learning to become more sensible that is more sense able through the playful and systematic exploration of movement **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 **Trail Running** Jeff Galloway,2015-01-15 If you want to experience the real freedom of running in a natural surrounding and if the ever repeating runs in the streets start to bore you trail running is the right way to improve your running experience The charm of starting trail running is to find your own way on lonely mountain hiking trails and to set your own goals because no trail run can be compared to another Running guru Jeff Galloway offers his own approach of getting started with his unique way of guaranteeing an injury free running style With his Run Walk Run method Jeff helps beginners to start trail running the right way Advanced runners can use a specialized training program which will help them prevent overtraining injuries and other calamities you can encounter during intense training sessions The book covers a wide range of trail running equipment

especially covering the whole range of trail running shoes If you want to jump start your trail run this is your complete guide

*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

**Cross-Country Running** Jeff Galloway,2023-05-01 In this new edition Olympian and running coach Jeff Galloway brings his proven Run Walk Run method to cross country running Using his method and following the training plans provided every cross country runner will improve performance recover faster and reduce the risk of injury Jeff Galloway explains how to build endurance train and race on hills run on varied terrain implement speed training and race strategies all while maximizing performance He gives action plans for teamwork training and developing race methods and he also covers injury prevention and treatment that gets an injured runner back racing in no time The training programs incorporate Galloway s Magic Mile the best way to check and monitor training progress and are suitable for high school and college runners Runners are also given the tools to set realistic pacing goals for long runs and races and to reach peak performance in the 5K 1500m 2000m and 10K Every cross country runner and coach needs this book **Running Tough** Michael

Sandrock,2000-10-17 Imagine training with the best distance runners and running coaches of our time learning their favorite and most effective workouts and discovering their hard earned secrets to success With *Running Tough* you ll find yourself running side by side with such world class runners as Bill Rodgers Libbie Hickman Frank Shorter Arthur Lydiard Ron Clarke Emil Zatopek and Adam Goucher tasting their unwavering dedication and determination and viewing firsthand their training runs Written by prolific running journalist Michael Sandrock *Running Tough* organizes the workouts by training goals to create a user friendly handbook This allows you to develop a customized training plan using the most appropriate workouts for training and racing You ll find chapters dedicated to long runs to help develop aerobic endurance off road training to build and strengthen the legs fartlek training or the speedplay to discover variety interval workouts to increase speed hill workouts to build strength and stamina tempo runs to push anaerobic thresholds recovery fun runs to heal muscles while emphasizing the enjoyment of the sport and building a program to prepare for competition With *Running Tough* you ll have the tools to create enhanced training programs discover new plateaus in your workout regimes and meet the challenges of world class competition You ll find that whether you re looking for increased strength and endurance improved aerobic or anaerobic capacity or just a competitive edge *Running Tough* will help you train with more efficiency more enthusiasm and more variety **The Run Walk Run Method** Jeff Galloway,2024-09-01 This is a new edition of the bestselling *The Run*

*Walk Run Method* by running coach Jeff Galloway After developing his own Run Walk Run method which has a more than 99% success rate Jeff has helped hundreds of thousands of walkers and runners achieve their goals Jeff s plan uses a combination of running and walking intervals that help each person run their desired distance whether it s a 5K race or a half

marathon and achieve their goal times The method is low milage and can fit into any schedule In this book Jeff not only outlines how to follow the Run Walk Run method but he also explores the principles of training as well as its mental and physical benefits He includes a training plan to get beginners started and he provides tips on how to find your Magic Mile time how to set up a running strategy and how to train mental strength He also includes advice on running with proper form and technique using drills to run better troubleshooting aches and pains preparing for and finishing a race and more Jeff Galloway believes everyone is designed to run and walk and he helps them to keep moving and to enjoy the exercise with his book *The Run Walk Run Method*      *The Competitive Runner's Handbook* Bob Glover,Shelly-lynn Florence Glover,1999-04-01 For both runners entering that first neighborhood race and elite marathoners trainers Bob and Shelly lynn Florence Glover s completely revised guide is the book on training to compete A book that s already sold close to 200 000 copies The Competitive Runner s Handbook will now offer all the latest information needed to design basic training programs special workouts to increase strength endurance and power schedules and worksheets to develop individual goals and specifics on preparing for all kinds of races with an emphasis on the 10K and the marathon Informed by their over thirty years of coaching experience the Glovers give winning tips on alternative training footwear and diet and common injuries and illnesses as well as sensible advice on balancing running with work and home life      *Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office,1976      **Marathon** Jeff Galloway,2010 *Marathon You Can Do It* details Olympian Jeff Galloway s revolutionary walk run training methods that have enabled tens of thousands of people to run marathons This innovative method opens up marathon running to everyone not just rock hard athletes but also those who may be out of shape overweight or past their athletic prime This updated edition includes the new magic mile time trial fat burning techniques adjustments in the weekly schedule to prevent injuries and improve performance and quick fixes to keep runners motivated during latter stages of marathon      **RunDisney** Scott Douglas,Jeff Galloway,Molly Huddle,2024-03-05 The first ever official guidebook by RunDisney the hugely popular road race division of The Walt Disney Company With this comprehensive guide readers will learn The basics of running while planning a most magical runcation to the Walt Disney World Resort or Disneyland Which race is the best for themselves or their family What gear is needed for a RunDisney event and what resources are available at the Disney parks The must have guide runDisney The Official Guide to Racing Around the Parks is written by Scott Douglas who writes extensively for Runner s World magazine and includes a foreword by Olympian and bestselling author Jeff Galloway Select expert sidebars by Galloway and Olympian Molly Huddle offer additional tips on training gear etiquette and more      **100 Reasons to Run--now!** Jeff Galloway,2012 Presents a collection of motivational thoughts and tips intended to inspire runners to persevere through training covering such topics as running s health benefits challenges and ability to reveal hidden talents

Discover tales of courage and bravery in is empowering ebook, Stories of Fearlessness: **Run Gently Run Long** . In a downloadable PDF format ( \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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