

# Running by Feeling

*A Year on the Racing  
Comeback Trail*

**Racers  
Runners  
Joggers and  
All Endurance  
Athletes**



**By Brian Clarke**

**Foreward by Kenny Moore**

# Running By Feeling A Year On The Racing Comeback Trail

**Dimity McDowell, Sarah Bowen Shea**



## **Running By Feeling A Year On The Racing Comeback Trail:**

Running by Feeling Brian L. Clarke, 1999-04-01      Hypnosis for Running Adam Eason, 2013-02 Hypnosis For Running Training Your Mind To Maximise Your Running Performance is an evidence based book for all distance runners from ultra marathon runners and seasoned athletes to beginners and those competing for the first time It offers a wide range of ways to adopt mental strategies and improve running performance Contained within this book is a wide array of goal setting principles and techniques cognitive strategies mental imagery processes and of course self hypnosis tuition This work draws upon conventional sports psychology cognitive behavioural therapy rational emotive behaviour therapy various other approaches combined with the author's lifetime of experience using and researching self hypnosis The runner is shown how to be motivated control arousal levels get in the zone engage in mindfulness gain a comprehensive insight into proven methods of running faster and better using the mind Here is an excerpt from the Introduction to this book by Gary Turner Ultra Runner and 13 time World Champion Sportsman When the draft of Adam's book dropped through my door the timing couldn't have been better One week before my first ultra marathon I eagerly turned the pages and found it a compelling read It completely captured my attention as I'm sure it will yours The information and knowledge and the application of it is first class Being a fast reader I read it three times in as many days I checked the contents studied the steps researched the reference material and became a vastly better runner just through the knowledge from the book alone Then the real magic happened I started to put into practice the steps in the book I practiced dropping myself in and out of self hypnosis using Adam's methods It was easy to achieve I just followed his clear steps From here I started to work through the book one step at a time carrying out all the self hypnosis applications he lists My final loosening run two days before my race was one of my best runs ever It just happened that way I didn't need to consciously think I was just in a perfect state of flow The night before my Ultra marathon I slept in my truck in a small village nestled amongst the Brecon Beacons The huskies snuggled in against my sleeping bag to keep me warm and I dropped into self hypnosis one last time I mentally rehearsed every part of the run I went through the pre race preparation the terrain and how I would easily get through every worst case situation I could think of I mentally planned for every eventuality I rehearsed my physical state throughout the race I rehearsed my mental state ensuring that I always maintained a smile especially for the tougher sections I was not stepping into the unknown I had made it known I am an Ultra Runner I love the sound of that I feel even better about it when I consider the terrain that I had covered The Brecon Beacons are used for UK 22 Regiment SAS training for a good reason the environment is tough I ran 42 miles across those mountains This is the type of event where if your mind is not right you would not finish Luckily thanks to carefully preparing and using the guidance of this book I not only finished I enjoyed every single step along the way as could you by applying the knowledge in this amazing book      **My Comeback Trail** Manish Kumar, 2023-02-20 A diehard pilot a dedicated son a devoted father arrested assaulted and abandoned in the mental asylum then what happens is

unexpected It is the tale of trials tribulations and triumph of the indefatigable human spirit against all odds The spirit that refuses to bow down in subservience to injustice and raises its head in reverence to itself **The Comeback Quotient** Matt Fitzgerald,2021-01-12 What s the secret of a great comeback And how do we boost our mental fitness to succeed in sport and life The Comeback Quotient provides inspiration and practical advice on building mental endurance and physical stamina When bestselling sportswriter Matt Fitzgerald went through a coronavirus George Floyd double whammy he realized that nobody can escape setbacks in life so we all need to be able to pull off a comeback In training for his first triathlon since 2009 and overcoming chronic injury Matt Fitzgerald puts his ultrarealist mental fitness training to the test In The Comeback Quotient Matt Fitzgerald examines the science and stories behind some of the most astonishing sporting comebacks to uncover a new blueprint to survive and thrive Why are some athletes able to overcome overwhelming odds and rebound stronger than ever And can we unlock the secret of their success Matt Fitzgerald identifies these mega achievers of astounding athletic comebacks as ultrarealists men and women who succeed where others fail by fully accepting embracing and addressing the reality of their situations From triathletes like Mirinda Carfrae to ultrarunners like Rob Krar to rowers skiers cyclists and runners all over the world Fitzgerald delves into stories that are not just compelling but constructive laying out the steps anyone can take to bounce back from their own setbacks in sport and in life In the tradition of his best selling How Bad Do You Want It The Comeback Quotient combines gripping sports stories with cutting edge science Fitzgerald s insight will change forever how you perceive the challenges you face giving you the inspiration and the tools to make the next great comeback you witness your own When the worst has happened the best is next The Comeback Quotient by Matt Fitzgerald provides elite tested mental strategies for loving the comeback more than hating the setback Jim Afremow author of The Champion s Mind Matt Fitzgerald has a winner in The Comeback Quotient You will be on the edge of your seat as he tells the inspiring comeback stories from some of the most interesting individuals on the face of the earth realizing by the end that along the way you have been given a blueprint to orchestrate a few comebacks of your own Ben Rosario Head Coach HOKA ONE ONE NAZ Elite *Train Like a Mother* Dimity McDowell,Sarah Bowen Shea,2012-03-20 The authors of Run Like a Mother share a comprehensive guide to race training for busy runners of all experience levels In Train Like a Mother elite runners Dimitry McDowell and Sarah Bowen Shea offer inspiration and practical advice on how to run a race from training plan to finish line Covering four race distances 5K 10K half marathon and marathon they discuss pre and post race nutrition strength training injury prevention and rehab the importance of recovery and everything busy women need to know to add racing to their multitasking schedules It is all presented with the same wit empathy and tone the avid fans connect and identify with **Olympic Collision** Kyle Keiderling,2016-11-01 Dual biography of Mary Decker and Zola Budd and the infamous Olympic incident that binds them together Runner's World Guide to Injury Prevention Dagny Scott Barrios,Editors of Runner's World Maga,2004-11-04 The last word on preventing and treating running injuries from the

magazine known the world over as the most reliable and authoritative source of running know how The world of running and running injury prevention has evolved greatly in the last decade New thinking on injury and recovery suggests that runners can continue to train while injured And alternative practices such as acupuncture chiropractic and massage are now virtually mainstream and an essential part of any runner s injury arsenal Not only is the sport dramatically more popular but women runners and beginning runners who are a large part of the growth have very different needs in the areas of injury and health that have not been covered adequately in previous books Research in sports medicine also has advanced All this and much more is covered in Runner s World Guide to Injury Prevention making it the best most authoritative guide in the field Here you ll find The most important stretches for runners and why you should not stretch an injured muscle How and why to change your biomechanics and stride length How to incorporate cross training to prevent and heal injury The most important strength training exercises for runners How to cope with the mental side of injury Special concerns for young runners women and older Runners The newest thinking in hydration Beginners and veterans alike will benefit from this expert guidance from the cutting edge of sports medicine and science

The Trail Runner's Companion Sarah Lavender Smith, 2017-06-01 The sport of trail running is booming as more runners seek more adventurous routes and a deeper connection with nature Not only are runners taking to the trail but a growing number are challenging themselves to go past the conventional 26.2 mile marathon point The time is right for a book that covers everything a runner needs to safely and successfully run and race trails from 5Ks to ultra distances Like a trusted coach The Trail Runner s Companion offers an inspiring practical and goal oriented approach to trail running and racing Whether readers are looking to up their distance or tackle new terrain they ll find sophisticated yet clear advice that boosts performance and enhances well being Along the way they ll learn Trail specific techniques and must have gear What to eat drink and think before during and after any trail run How to develop mental tenacity and troubleshoot challenges on longer trail adventures Colorful commentary on the characters and culture that make the sport special With an engaging encouraging voice including tips and anecdotes from well known names in the sport The Trail Runner s Companion is the ultimate guide to achieving peak performance and happiness out on the trails Sarah Lavender Smith has long been one of trail running s finest and most insightful writers and her first book The Trail Runner s Companion ties everything together for all trail runners from newbies to veterans and all abilities in between She expertly and empathetically describes how one should train eat drink and think while becoming a trail runner But perhaps most importantly of all she tells us what it means to be a trail runner why this journey in her words all the way up to the summit and back down is worth the effort If you already are a trail runner The Trail Runner s Companion will make you want to become a better trail runner If you aren t yet a trail runner The Trail Runner s Companion will make you want to become one

John Trent longtime ultrarunner race director Western States 100 Mile Endurance Run board member and award winning sportswriter The Trail Runner s Companion is a must have for all trail runners both new and experienced It brings a wealth

of knowledge and entertaining stories to keep you engaged in the valuable content of the book If only I had The Trail Runner's Companion to read before my first trail race I could have avoided so many mistakes I highly recommend it Kaci Lickteig 2016 UltraRunning Magazine UltraRunner of the Year and Western States 100 Mile Endurance Run champion **My Year of Running Dangerously** Tom Foreman, 2015-10-06 CNN correspondent Tom Foreman's remarkable journey from half hearted couch potato to ultra marathon runner with four half marathons three marathons and 2 000 miles of training in between a poignant and warm hearted tale of parenting overcoming the challenges of age and quiet triumph As a journalist whose career spans three decades CNN correspondent Tom Foreman has reported from the heart of war zones riots and natural disasters He has interviewed serial killers and been in the line of fire But the most terrifying moment of his life didn't occur on the job it occurred at home when his 18 year old daughter asked How would you feel about running a marathon with me At the time Foreman was approaching 51 years old and his last marathon was almost 30 years behind him The race was just sixteen weeks away but Foreman reluctantly agreed Training with his daughter who had just started college would be a great bonding experience albeit a long and painful one My Year of Running Dangerously is Foreman's journey through four half marathons three marathons and one 55 mile race What started as an innocent request from his daughter quickly turned into a rekindled passion for long distance running for the training the camaraderie the defeats and the victories Told with honesty and humor Foreman's account captures the universal fears of aging and failure alongside the hard won moments of triumph tenacity and going further than you ever thought possible *Running Times*, 2006-07 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner's worldview **Rebound** Cindy Kuzma, Carrie Jackson Cheadle, 2019-08-22 The evidence backed guidance in this long overdue resource is as crucial to managing the mental side of injury as good healthcare providers are to managing the physical side Matt Fitzgerald author of 80 20 Running Written by a leading mental skills coach and contributing editor to Runner's World US this is a practical guide to building the psychological resilience that athletes need to recover from injury and rebound stronger Injuries affect every athlete from the elite Olympian to the weekend racer In the moment a traumatic crash a torn muscle or a stress fracture can feel like the most devastating event possible While some athletes are destroyed by the experience others emerge from their recovery better stronger and more confident than ever The key to a swifter stronger comeback is the use of mental skills psychological tools that enable an athlete to take control of their recovery and ultimately use the experience to their advantage Injury and other setbacks are inevitable but with training overcoming them skillfully and confidently is possible This book will provide a clear compelling explanation of psychological recovery from injury and a practical guide to building mental resilience Weaving together personal narratives from star athletes scientific research and the specialized clinical expertise of mental skills coach Carrie Jackson Cheadle it will contain more than 45 Mental Skills and Drills that athletes can use at every phase of their

recovery process These same strategies can help athletes who aren't currently injured reduce their vulnerability to injury and enable any individual to reach new heights within their sport and beyond      **Forthcoming Books** Rose Arny,1999-04

Runner's World ,2006-05 Runner's World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling      **The Champion's Comeback** Jim Afremow,2016-05-10 Your ultimate guide to overcoming losses and injuries and achieving greatness on and off the field Leading sports psychologist Jim Afremow author of *The Champion's Mind* knows what makes good athletes great especially when they come back to win after facing devastating injuries tough obstacles or seemingly insurmountable odds Making a comeback isn't just about raw talent or athletic ability it's the mental game that counts most In *The Champion's Comeback* he offers winning strategies for athletes of any age or skill level to get mentally psyched for competition quickly rebound after a loss and overcome injuries and the fear of re-injury Afremow explores the psychology of commitment and shows you how to develop the core confidence of repeat champions Featuring unique tips and advice including guided imagery scripts easy to follow mental training exercises and motivating stories of famous comeback athletes *The Champion's Comeback* is the ultimate athlete's handbook encouraging you to not only stay in the game but also achieve greatness no matter what

**Runner's World** ,2006      **Running Beyond** Ian Corless,2016-11-03 Ultra running is one of the world's fastest growing sports and in Ian Corless who runs the scene's most influential podcast ultra running has the perfect author to chronicle its rise *Running Beyond* is a homage to the sport's legendary races unique commissioned photography captures the diverse and striking terrain from mountaintop peaks to jungles and deserts Through interviews with the legendary athletes of the sport *Running Beyond* is the ultimate homage to the ultra running world Foreword by record breaking world number one Kilian Jornet *Run or Die*      *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 250 marathon in a bikini pausing to down a beer at the 20 mile mark      **Runner's World** ,2008-10 Runner's World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

**Running Home** Katie Arnold,2020-09-08 In the tradition of Wild and H Is for Hawk an Outside magazine writer tells her story of fathers and daughters grief and renewal adventure and obsession and the power of running to change your life

NAMED ONE OF THE BEST BOOKS OF THE YEAR BY REAL SIMPLE I m running to forget and to remember For more than a decade Katie Arnold chased adventure around the world reporting on extreme athletes who performed outlandish feats walking high lines a thousand feet off the ground without a harness or running one hundred miles through the night She wrote her stories by living them until eventually life on the thin edge of risk began to seem normal After she married Katie and her husband vowed to raise their daughters to be adventurous too in the mountains and canyons of New Mexico But when her father died of cancer she was forced to confront her own mortality His death was cataclysmic unleashing a perfect storm of grief and anxiety She and her father an enigmatic photographer for National Geographic had always been kindred spirits He introduced her to the outdoors and took her camping and on bicycle trips and down rivers and taught her to find solace and courage in the natural world And it was he who encouraged her to run her first race when she was seven years old Now nearly paralyzed by fear and terrified she was dying too she turned to the thing that had always made her feel most alive running Over the course of three tumultuous years she ran alone through the wilderness logging longer and longer distances first a 50 kilometer ultramarathon then 50 miles then 100 kilometers She ran to heal her grief to outpace her worry that she wouldn't live to raise her own daughters She ran to find strength in her weakness She ran to remember and to forget She ran to live Ultrarunning tests the limits of human endurance over seemingly inhuman distances and as she clocked miles across mesas and mountains Katie learned to tolerate pain and discomfort and face her fears of uncertainty vulnerability and even death itself As she ran she found herself peeling back the layers of her relationship with her father discovering that much of what she thought she knew about him and her own past was wrong Running Home is a memoir about the stories we tell ourselves to make sense of our world the stories that hold us back and the ones that set us free Mesmerizing transcendent and deeply exhilarating it is a book for anyone who has been knocked over by life or feels the pull of something bigger and wilder within themselves A beautiful work of searching remembrance and searing honesty Katie Arnold is as gifted on the page as she is on the trail Running Home will soon join such classics as Born to Run and Ultramarathon Man as quintessential reading of the genre Hampton Sides author of On Desperate Ground and Ghost Soldiers *Skiing*, 1973-11



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