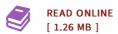




The Runners World Cutting-Edge Runner: How to Use the Latest Science and Technology to Run Longer, Stronger, and Faster

By Matt Fitzgerald

Rodale Press. Paperback. Condition: New. 256 pages. Dimensions: 9.0in. x 6.0in. x 0.7in.A state-of-the-science resource for runners--with the latest information on training, nutrition, injury prevention, and gear and gadgets that improve performance. The science and technology of running have evolved dramatically in the past 20 years. This all-inclusive resource--based on the authors own high-level running and coaching experience and his interviews with dozens of other top runners and coaches--is an indispensable tool for runners who hope to perform at the very best of their ability. The Cutting-Edge Runner provides: o A comprehensive overview of how the best competitive runners train today--covering such topics as periodization, physiological testing, group training, technique work, cross-training, recovery techniques, and individual customizationo In-depth discussions of equipment and other technologies that can benefit the runner, including shoes, orthotics, heart rate monitors, altitude tents, training software, and moreo A complete menu of workouts for milers to marathonersWhether he is explaining how to use hypoxic conditioning to increase oxygen consumption capacity, telling how to prepare for the mental challenge of racing, or detailing what the latest science has to say about the pros, cons, and proper usage of more than 15 nutritional supplements and drugs, Matt Fitzgerald goes...



Reviews

Good e book and useful one. It really is simplistic but shocks in the 50 % of your book. Your way of life period will probably be convert the instant you total reading this ebook.

-- Myah Williamson

Totally among the finest pdf We have possibly read through. It usually fails to price a lot of. I discovered this book from my i and dad suggested this pdf to learn.

-- Michale Beier I

See Also



Monkeys Learn to Move: Puppet Theater Books Presents Funny Illustrated Bedtime Picture Values Book for Ages 3-8

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. What are the Monkey s up to now? Moving! Monkeys Learn to Move helps children learn what it is like...



Scala in Depth

Manning Publications. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 9.2in. x 7.3in. x 0.8in.Summary Scala in Depth is a unique new book designed to help you integrate Scala effectively into your development process. By presenting the emerging best practices and designs...



Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral

 $Create space, United States, 2013. \ Paperback. \ Book Condition: New. \ 229 x 152 mm. \ Language: English. \ Brand New Book ***** Print on Demand ******. \ Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for Kids Inside! For a very time limited...$



Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and with an estimated 200 million computers in...



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

 $Madelyn\ D\ R\ Books.\ Paperback.\ Book\ Condition:\ New.\ Paperback.\ 106\ pages.\ Dimensions:\ 9.0in.\ x\ 6.0in.\ x\ 0.3in. This\ book\ is\ about\ my\ cousin,\ Billy\ a\ guy\ who\ taught\ me\ a\ lot\ over\ the\ years\ and\ who\ can\ teach\ you\ a\ lot.\ Everyone\ who...$



Runners World Guide to Running and Pregnancy How to Stay Fit Keep Safe and Have a Healthy Baby by Chris Lundgren 2003 Paperback Revised

Book Condition: Brand New. Book Condition: Brand New.