



Guide To Long Distance Running

Ying-Ying Zheng



Guide To Long Distance Running:

The Complete Long Distance Runner's Manual Sean Fishpool, Sean Keogh, 2009 back cover presents six graded training schedules to take you from beginner to long distance and even marathon runner includes schedules you can use to build your general fitness level help you lose weight and improve your well being offers expert advice on how to find the right running shoes based on your personal running profile provides essential guidelines for avoiding injury and building fitness safely and effectively More than 150 color photos charts and illustrations front flap Whether you re an absolute beginner or an experienced runner you ll find the advice and information you need in this book to improve your performance Six graded training schedules take runners from a beginner s regimen all the way to marathon level competition Depending on your current state of fitness and experience you can start with the program that best suits your skill level Authors Sean Fishpool and Sean Keogh also include valuable advice about running shoes with information on available types and tips on making the right choice to suit your personal running style Detailed charts will help you gauge your weekly progress at refresher level intermediate level and marathon level back flap Sean Fishpool is a competition runner and an assistant editor of the U K periodical *Runner s World* He races all distances from a mile to a full marathon and has competed in eight marathons He enjoys training and working with beginning runners Sean Keogh is a dedicated marathon runner who has recently started a long distance running club in North London He also coaches amateur hockey and has written on physical fitness

Beginner's Guide to Long Distance Running Sean Fishpool, 2002 This guide helps runners at all levels from absolute beginners to those training for marathon racing The training plan is divided to match each runner s grade of fitness Readers assess themselves by answering fitness questionnaires that guide them to the appropriate level of training At the end of each training grade another self assessment questionnaire helps runners decide whether to move to a higher level or remain where they are A ten week program begins with alternating two minute runs and walks and gradually progresses to sustained runs of 30 minutes Runners are advised to listen to their bodies and remain at a specific week s level until they feel comfortable about progressing to the next one General topics include getting started obtaining the right shoes and accessories adhering to a runner s diet developing self motivation and following a structured and progressive training program A final section is focused to advise runners training for a marathon More than 150 color photos and illustrations plus sidebar tips and quick reference charts

New Guide to Distance Running, 1979 *The New Runners Marathon Manual Training Tips and Nutritional Guide* J. Todd Jennings, 2024-08-01 The joy of running is often described as a unique blend of physical exhilaration and mental clarity For those embarking on the journey to complete their first marathon this joy is not just a fleeting moment it becomes a profound part of the training and race experience As you lace up your shoes and hit the pavement each stride brings you closer to the Finish line both literally and metaphorically Embracing the joy of running helps you cultivate a passion for the sport that will sustain you through the challenges and triumphs of marathon

training **Beginners Guide to Long Distance Running** Sean Fishpool,2004-08-01 *New Guide to Distance Running* Runner's World,1983 **Marathon Running** Matt Jordan,2017-04-02 Marathon Running A Beginners Guide on Preparing to Run Your First Marathon This world famous race of 26 miles and 385 yards has become the benchmark that all long distance runners measure themselves against It can be a social activity or a solo one you can compete against other runners or you can try to beat your own best time But it s a goal to aim for something to strive towards a challenge to set yourself It s a huge accomplishment and it s something only a small proportion of the population ever manages to complete Take your first step to train and compete in your first marathon and get this guide now This book will guide you through everything you need to run your first marathon You will learn how to choose the right equipment what to eat to keep your body in the best shape the best exercises to do to make you stronger and more flexible how to stay injury free when you run how to choose your marathon and what to do on the day There s also a six month training schedule that will gradually build up the miles work on your strength and speed and push your endurance abilities slowly but surely transforming you from complete novice to long distance runner Discounted for a limited period only Usually 9 99 Are you ready to challenge yourself and test your limits Then get this guide now and discover just how far you can push yourself you ll be surprised just how much your mind and body can achieve regardless of your current fitness levels Remember this book is aimed at complete beginners and will prove to be the perfect guide on your quest to run your very first Marathon Here s A Preview Of What s Inside What is a Marathon A Brief History of the Marathon Essential Information To Get You Started Tips on Staying Injury Free A 26 Week Training Plan Choosing the Correct Clothing Footwear Staying Motivated Race Day Preparation And Much More *Long Distance Running for Beginners* Sean Fishpool,Michael Spilling,2011-08-15 Provides an introduction to training for long distance running covering such topics as choosing running shoes balancing dietary needs using warm up exercises protecting oneself from injury and running schedules with different levels of difficulty *Everyone's Guide to Distance Running* Norrie Williamson,2003 This is a reference manual for distance runners The author guides the runner every step of the way with practical advice and motivation He supplies tips and information on every aspect of the sport including training planning racing nutrition injuries clothing and equipment Guide to Long Distance Running Bob Anderson,Joe Henderson,1971

The Everything Running Book Art Liberman,Carlo Devito,2008-02-01 A Simon Schuster eBook Simon Schuster has a great book for every reader The Complete Idiot's Guide to Marathon Training David Levine,Paula Petrella,2011-05-03 A comprehensive guide to get you ready for race day According to the rule books a marathon is 26 2 grueling yet exhilarating miles Millions of people run marathons around the world Many more millions dream of doing it But novice or veteran runners marathons require training and plenty of it Certified marathon coach David Levine and dedicated marathoner Paula Petrella know how to get anyone in shape for the race and share the entire procedure in clear jargon free language Includes dozens of instructional photos Practical advice that addresses the needs of men and women of all ages The Art of Running Daisy

Edzel,2017-03-27 How an out of shape exercise hating beginner can transform to an impressive long distance runner within months Looking to go from couch potato to a physically fit and healthy runner heck even a FULL marathon finisher This book has it all It contains all the resources for a complete beginner up to novice level to succeed at this physically and mentally demanding sport You will be armed with techniques outergame and psychological tools for motivation innergame to help you keep up with the inner turmoils motivation related issues and other hardships especially in long distance runs where every part of your being just wants to give up I will not waste your precious time with useless information you won t use Instead I ll provide practical and straight forward solutions daily and weekly plans resources section and the best practices to help you succeed YOu will be armed to the teeth with everything you could ever need to finish your first long distance races and beyond Here s what you can expect to learn from this course What it Takes to Run a Marathon Timeframe Beginner Stage Intermediate Level Advanced Level Mental Preparation Setting Goals Running Alone Versus Running with a Buddy How to Use Running Gadgets Get Enough Rest Distinguishing Between Good Pain and Bad Pain Having a Proper Form and Breathing Technique Which Part of Your Foot Should Strike The Ground First Different Training Styles Training Gear Clean Bill of Health Warming Up and Cooling Down Marathon Race Strategies Running Motivations How to fall in love with running Avoid running injuries Running schedules and plans Marathon Specific Training Trail Running Tips and Mistakes to Avoid Uphill and Downhill Running Running and Losing Weight Heart Rate Training And much much more Grab your copy here

Long-distance Runner's Guide to Training and Racing Ken Sparks,Garry Bjorklund,1984 **The psychological training of the marathon** Gustavo Vaquera,2025-05-20 The book addresses psychological preparation for the marathon a dimension often overlooked in favor of running physiological nutritional and biomechanical aspects Although it is widely acknowledged that the mind plays a crucial role especially in the last 12 kilometers many runners and coaches lack a systematic method to develop it relying instead on intuitive or motivational advice The work debunks the myth that physical suffering automatically strengthens the mind and criticizes the lack of concrete tools in classical literature It proposes a scientific approach integrating Neuroscience Psychoanalysis Sport Psychology and the experiences of professional athletes to train skills such as resilience pain management focus motivation psychological endurance anxiety control and other mental factors that influence marathon performance It includes a 16 week program with scientifically validated techniques visualization mindfulness mental training journals present moment training and others It demonstrates that it is not enough to merely mention psychological aspects it is essential to show how they can be trained *Marathoning for Mortals* John Bingham,Jenny Hadfield,2003-05-02 Once considered a feat for superhuman athletes the marathon is now within every mortal s grasp Former couch potato John Bingham has joined forces with coach Jenny Hadfield to create a winning plan that works for every mortal even you In *Marathoning for Mortals* you ll find the courage to train the willpower to persevere and the tenacity to finish one mile after another John and Jenny stick with you every step of the way from your first insecure

thoughts to your last minute jitters to your supreme joy at the finish line In *Marathoning for Mortals* you ll find 8 training programs to run run walk walk run or walk the half marathon and marathon The advice you need to physically mentally and spiritually reach your dreams Tips to help you customize your training buy the right shoes and apparel and eat the best foods Guidance for common motivational physical and emotional roadblocks Join John and Jenny on an amazing transformative journey where the finish line is just the beginning

The Rough Guide to South Africa Barbara McCrea,Tony Pinchuck,Ross Velton,2010-01-14 The Rough Guide to South Africa is the most comprehensive and informative guide available to this spectacular country You ll find detailed information on everything from hiking in the mysterious Drakensberg to sampling wine in the many Western Cape s estates Updated specifically for travellers visiting South Africa for the football World Cup in 2010 Lesotho and Swaziland have been excluded from the book allowing for more in depth information on how to tackle the World Cup in this edition Whether you want to wander the pastel coloured streets of the Bo Kaap explore the Garden Route s dramatic Storms River Mouth or get spine tinglingly close to lions and other big game in Kruger National Park this guide will lead you to the best attractions in South Africa The Rough Guide to South Africa features up to date reviews of all the hottest new places to stay from hotels in South Africa to community minded accommodations and tour companies Find the best restaurants shops bars and clubs in South Africa across every price range giving you balanced reviews and honest first hand opinions Explore all corners of South Africa with authoritative background on everything from local cuisine to desert wildlife relying on practical language tips

1001 Running Tips Robbie Britton,2021-11-15 1001 Running Tips by Robbie Britton is a light hearted and informative guide to all kinds of running This is no standard instruction manual it is much more useful than that This is a huge collection of small tips to make a real difference to your running whether you re just starting out and aiming to run for 30 minutes without stopping or if you re training for your first marathon this book will improve your running The myriad of topics featured include starting out setting goals training plans injury nutrition safety kit running with your dog navigation sleep deprivation running in all weathers racing fell running and music Robbie s unique and accessible style will keep you entertained and most importantly he ll motivate you to keep enjoying running overcome obstacles getting in your way and to become the best runner you can

The Rough Guide to Kenya: Travel Guide eBook Rough Guides,2024-05-01 This Kenya guidebook is perfect for independent travellers planning a longer trip It features all of the must see sights and a wide range of off the beaten track places It also provides detailed practical information on preparing for a trip and what to do on the ground This Kenya guidebook covers Nairobi and around The Central Highlands Rift Valley Western Kenya The national parks and Mombasa Highway The coast The north Inside this Kenya travel book you ll find A wide range of sights Rough Guides experts have hand picked places for travellers with different needs and desires off the beaten track adventures family activities or chilled out breaks Itinerary examples created for different time frames or types of trip Practical information how to get to Kenya all about public transport food and drink shopping travelling with

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Marathon Running Richard Nerurkar,2000-01-01 Intended for everyone from the complete beginner to the experienced runner wishing to improve on racing strategy this book gives information on structuring an effective build up training harder without doing too much improving your pace judgement and producing your best on race day

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