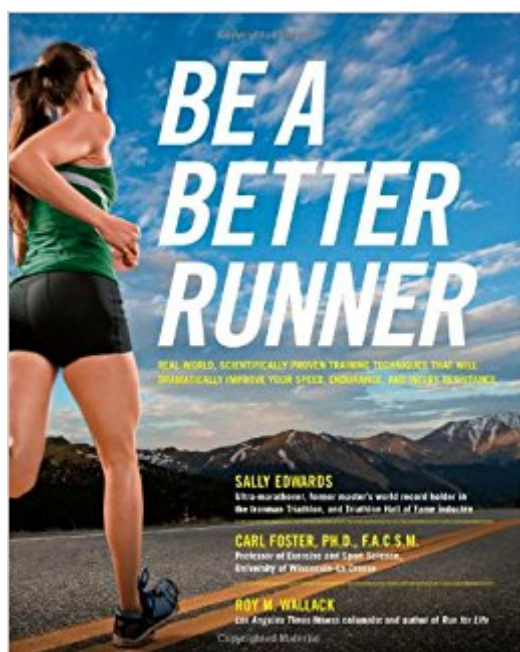


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# Be A Better Runner: Real World, Scientifically-proven Training Techniques That Will Dramatically Improve Your Speed, Endurance, And Injury Resistance



## Synopsis

Written by marathoner and Triathlon Hall of Fame inductee, Sally Edwards, *Be A Better Runner* addresses every possible concern from posture and form to nutrition, footwear and race strategy. You'll learn how to adapt running mechanics such as stride and pacing to your body type and fitness level while specific training regimens prepare you for any type of running event including sprints, distance runs, and marathons. Co-authored with Carl Foster, the former President of the American College of Sports Medicine, *Be A Better Runner Every* features the latest research in the science of running. You'll learn the latest strategies to boost your performance, train more effectively, and aid post-workout recovery. The latest research on special concerns such as running after age 40, during pregnancy, overtraining in younger runners and preventing amenorrhoea in female distance runners is also highlighted.

## Book Information

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## Customer Reviews

Sally Edwards is a former Master's World Record holder in the Ironman Triathlon, a 1984 Olympic Marathoner Trials Finisher as well as a World Record Holder in the Iditashoe 100-Mile Snowshoe Race. She has competed in some of the hardest races on the planet, including the Western States 100-Mile Run which she won. A leader in the field of fitness training, Sally holds a master's in Exercise Physiology and is the creator and CEO of the Heart Zones Training System which uses heart rate data and cardiac training ranges to enhance athletic performance. A founder of the sport of triathlon (and a Triathlon Hall of Fame inductee), most of Sally's recent

ances have been performed in her role as the National Spokeswoman for the Danskin Triathlon Series. Carl Foster Ph.D., FACSM is the former president of the American College of Sports Medicine. He is a professor of exercise and sport science at the University of Wisconsin-La Crosse and director of the Human Performance Laboratory at UW-L. Foster is a former associate editor-in-chief of Medicine and Science in Sports and Exercise, and a co-editor of ACSM's Health/Fitness Facility Standards and Guidelines. His distinguished professional career and accomplishments have produced over 250 scientific papers, book chapters, and longer works. Roy M. Wallack is a Los Angeles Times health and fitness columnist and former editor of Triathlete and Bicycle Guide magazines. A participant in some of the world's toughest running, cycling, and multisport events, including the Boston Marathon, Badwater UltraMarathon, Eco-Challenge, La Ruta de los Conquistadores, and TransRockies Run, he finished second in the World Fitness Championship in 2004. Wallack has written for Outside, Men's Journal, Runner's World, Competitor, Bicycling, Mountain Bike, and authored The Traveling Cyclist: 20 Worldwide Tours of Discovery (1991) and Bike for Life: How to Ride to 100 (2005), an athletic longevity plan for cyclists.

Racing can be intimidating. After all, it's so much harder than running.

Running is what we do during training is a comfortable, fun, motivational thing, full of the excitement of improving, the camaraderie of working out with friends and sharing training stories, and the feel-good endorphins of the so-called "runners high." But then comes race day, and all those enjoyable aspects of the sport suddenly disappear. If you experience even a sliver of those warm-and-fuzzy running-training feelings during a race, according to Carl, consider yourself lucky. Because racing is real performance racing versus "just-want-to-finish" racing is not comfy and fun, mentally or physically. In fact, physiologically speaking, he says, if you do it right, it only feels good when it's over. Understanding that and the reasons behind it is important, because you'll realistically know what to expect during the race and how to race it to your best. Then, after you've achieved your goal and made yourself proud, you can go home, collapse on the couch, and return to your old carefree days of just simply running. Until the next race, that is.

Book is outdated and very technical about heart rate zones. Never discussed things like arm positioning, ground contact time, right left balance, breathing techniques etc. I never got a running plan out of the book except don't always run in your aerobic zone; push yourself to run partially in

the >80% heart rate zone.

This book is awesome. I'm looking to up my game with running and this books has been a wonderful, insightful resource. Their approach and recommendations to creating a "balanced" exercise program and the importance of your heart rate to help increase endurance was very informative. I have a HRM on its way and am looking forward to taking my fitness to the next level .

My son will be starting cross country this fall and track this coming spring so I bought this for him for pointers. Thanks!

Easy to grasp, simple methods, clear presentation.

I have read many books on running and have found this to be the most complete and best structured and written.I strongly recommend

A lot of repetition but quite good. It clarified a lot of info for me and really underscored the things I need to do to take my running to the next level.

I bought this book because of its claims that it contains "[t]he latest research on special concerns such as running...during pregnancy...and preventing amenorrhoea in female distance runners is also highlighted." She gave it back to me saying that she did not find any of those topics covered. In fact, the book does not even say the word "pregnant" or "pregnancy" at all.That being said, I found the heart rate sections helpful for my own benefit and I have been training with it since. As another reviewer pointed out, some of the charts do not match-up or are inconsistent with the text, but the general idea is there.As useful as it was for me, I really was hoping to find something definitive for my wife to continue running during pregnancy, and despite claims, this was not that book.

I tried all the technics and it really helped me. A must have ebook for all runners and all the guys that want to improve fitness.

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