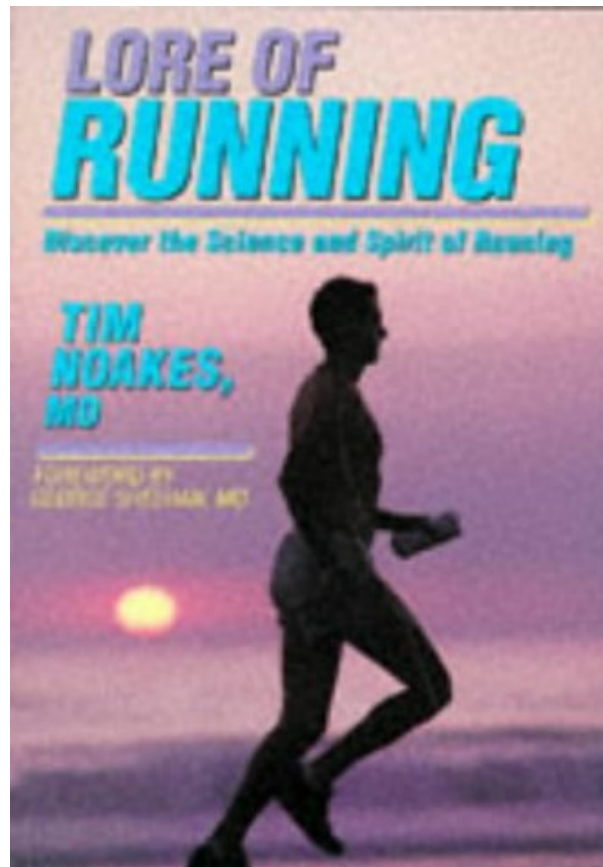
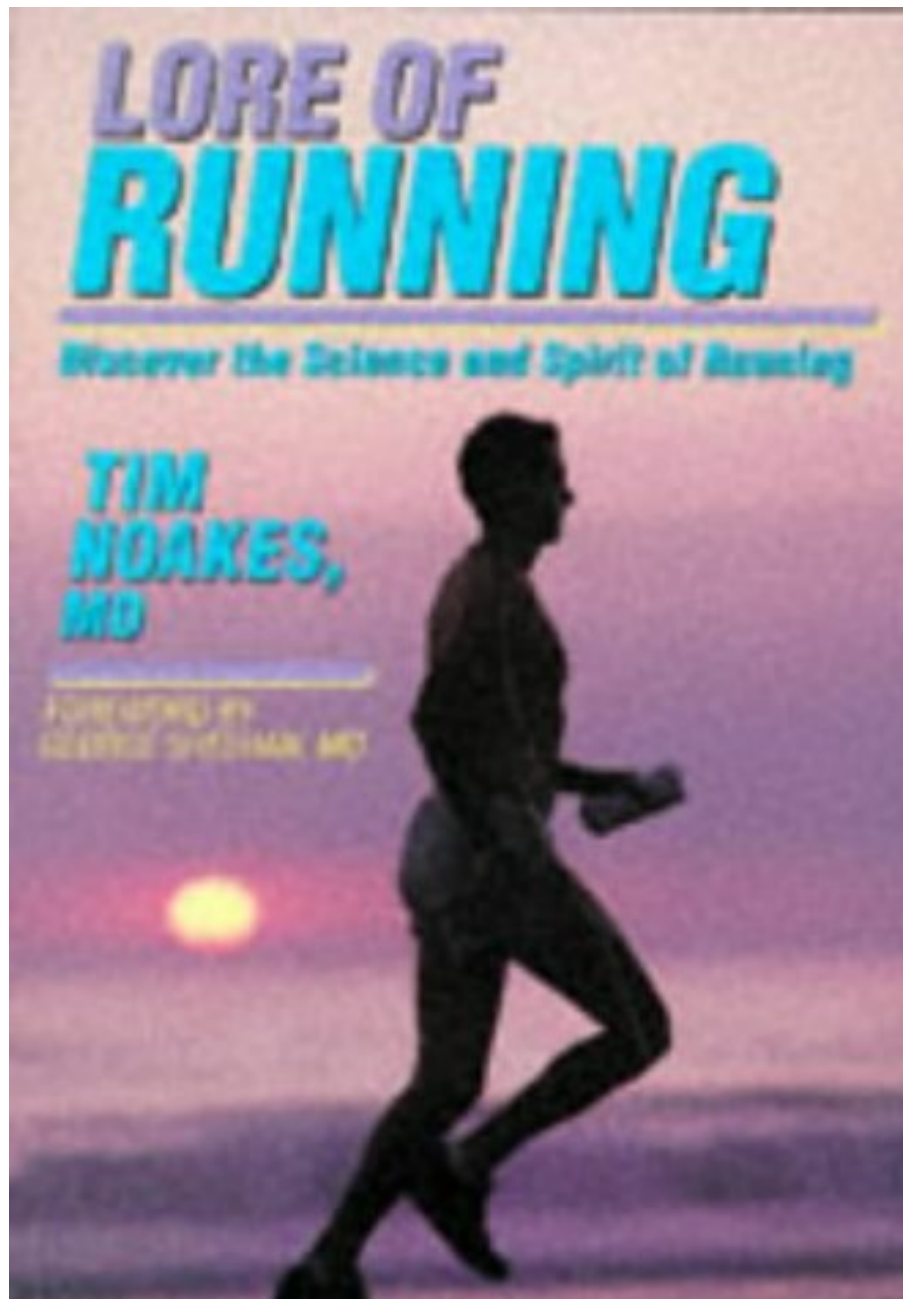


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This updated version of "Lore of Running" covers everything runners, trainers, and coaches want to know about running from physiology, training, and history to health and medical considerations. Author Timothy Noakes, himself a runner, research scientist, and physician, presents comprehensive information that is firmly based on science but written in a down-to-earth way that every layperson can understand. Part I of "Lore of Running" explores the physiology of running. In Part II, Noakes considers all aspects of training for running. Part III, Health and Medical Considerations, provides complete information about recognizing avoiding and treating injuries.

- Sales Rank: #1364735 in Books
- Published on: 1991-04
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 6.00" w x 2.00" l,
- Binding: Paperback
- 804 pages

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If you have a top notch personal coach who tends all your needs, you don't need any book to improve your running. If you are like me who have the passion for serious running, enjoy reading and analytical thinking while having a full-time job + other professional activities, this book is a must-have. I got one for me and two as presents to my friends. Using this book as the major reference to coach and heal myself, I qualified for the Boston Marathon at my marathon debut after about one year's training, took 10 minutes off in another year and I am on my way to beat NYC marathon qualification time for guaranteed number. Running programs are everywhere. "Individualizing" has become a cliché. Understanding the fundamental mechanisms and principles behind body and training is essential to derive a healthy and effective training program that adapts to the body's response. Lore of Running distinguishes itself from other running books by offering a large volume of solid evidence to support the principles concluded by the author. The readers have the freedom of utilizing these materials, often presented in interesting ways such as stories about famous runners, to make their own conclusions. I feel like having a very pleasant academic discussion with the author who is convincing, but not dictating while reading the book. The background of the author - ultra-marathon athlete, researcher and practicing sports MD is perfect for writing such comprehensive running book.

This book is certainly not a quick recipe. It takes time to digest the material. If you enjoy reading, it is a plus. I have read some section multiple times. Another very good running book that takes much less time to read is Daniels' Running Formula by Jack Daniels that is geared more toward elite runners, but still very helpful for midpack runners like me.

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