



Advanced Running (Paperback)

By Elizabeth Hufton

Anness Publishing, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. This title includes information on training for both sport and competition, including individual running plans, advanced schedules and expert advice, that are shown in over 280 photographs. It also includes information on how to improve your running performance for events from 5K and 10K races to advanced and elite marathons. It includes strength exercise sequences, skills and drills, together with advice on how to improve your form and endurance levels. It contains expert advice on pre-run and post-run nutrition, high protein diets, sports-specific fuels, race recovery and improving your mental attitude. It offers guidance on extending your running experience, with sections on cross-country and trail running, mountain running, adventure racing and ultrarunning. It provides a special section on triathlons that introduces training sessions and Olympic distance training, and individual schedules for different events. With step-by-step instruction and over 280 photographs, this is the complete practical guide to optimizing your skills and maximizing your performance. This book offers a complete guide to joining the elite, featuring advanced running from 5K and 10K races, progressing to marathon and triathlon. Among the topics covered are speedwork, strength training and...



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