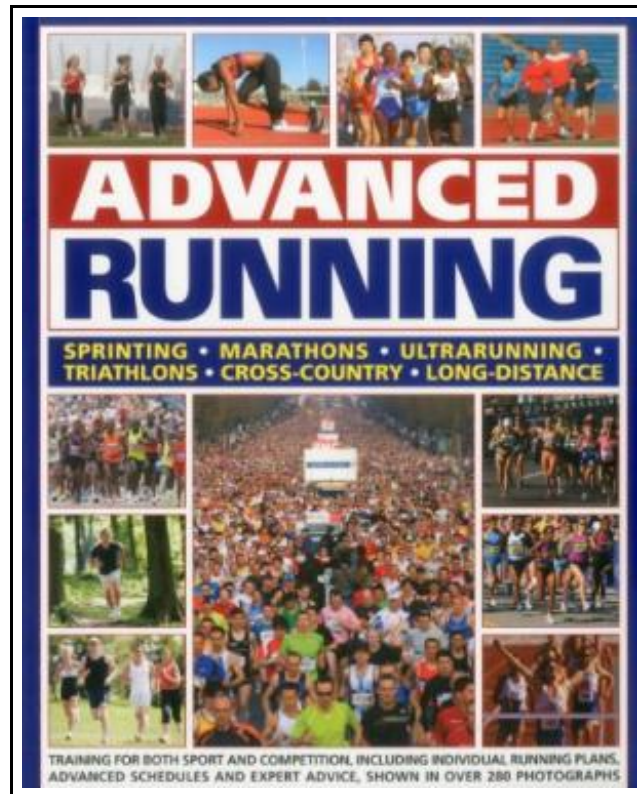


# Advanced Running: Training for Both Sport and Competition, Including Individual Running Plans, Advanced Schedules and Expert Advice, Shown in Over 280 Photographs



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## ***Reviews***


*A must buy book if you need to adding benefit. Better then never, though i am quite late in start reading this one. I am very happy to inform you that this is basically the very best book we have study during my own life and could be he finest ebook for possibly.*


*(Rodger Hane)*

## **ADVANCED RUNNING: TRAINING FOR BOTH SPORT AND COMPETITION, INCLUDING INDIVIDUAL RUNNING PLANS, ADVANCED SCHEDULES AND EXPERT ADVICE, SHOWN IN OVER 280 PHOTOGRAPHS**



Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Advanced Running: Training for Both Sport and Competition, Including Individual Running Plans, Advanced Schedules and Expert Advice, Shown in Over 280 Photographs, Elizabeth Hufton, 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 hydration. Practical information on competition running is given, with training programmes and guidance on the appropriate food and exercise. All of the most popular events are covered, from sprint and middle-distance racing, to fast long-distance racing, marathons, off-road and ultrarunning, triathlons and adventure racing. This expert manual is essential reading for anyone who wants to run successfully at a higher level.

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