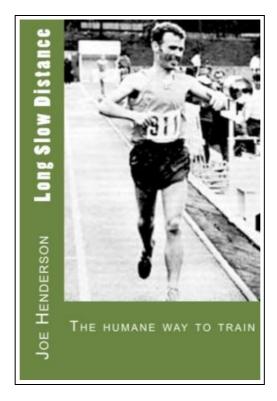
Long Slow Distance: The Humane Way to Train (Paperback)



Filesize: 9.47 MB

Reviews

It is simple in go through preferable to comprehend. It is full of wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.

(Leif Predovic)

LONG SLOW DISTANCE: THE HUMANE WAY TO TRAIN (PAPERBACK)



Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A revolutionary is where you find him, wrote running s leading writer, Dr. George Sheehan, as he reflected on the revolution-charged 1960s. He could be the guy next door. Joe Henderson looks like a typical guy next door. Out of lowa, he has the smile and style of the heartland of America. But he has fallen for that old Socratic saw that the unexamined life is not worth living. The first result was revolt, rebellion and a booklet called Long Slow Distance: The Humane Way to Train. The LSD method of running that Henderson espouses is not new. He has simply systematized it and, in effect, founded a new order, a new sect that has bid pain, suffering and sacrifice good-bye. Joe Henderson is a revolutionary not because his writings have produced a wave of faster runners, but because he has spawned happier ones. This slim volume, published in 1969, chronicles the revolution in approaches and attitudes that helped spark the running boom of 1970s. Long Slow Distance tells the stories of Henderson and five fellow revolutionaries (Amby Burfoot, Bob Deines, Tom Osler, Ed Winrow and Jeff Kroot) who all revolted against the speed training in vogue at the time. Independently they arrived at similar conclusions about their long-distance training, slowing and going longer. The Kindle edition includes a new introduction and updates on the six runners.



Read Long Slow Distance: The Humane Way to Train (Paperback) Online Download PDF Long Slow Distance: The Humane Way to Train (Paperback)

Related eBooks



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide...

Save eBook »



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to...

Save eBook »



Baby Whale's Long Swim: Level 1

Sterling Publishing Co Inc, United States, 2012. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. When spring comes, a baby calf gray whale and his mother head north to...

Save eBook »



The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up

 $B\&H\ Kids.\ Hardcover.\ Book\ Condition:\ New.\ Cory\ Jones\ (illustrator).\ Hardcover.\ 32\ pages.\ Dimensions:\ 9.1 in.\ x\ 7.2 in.\ x\ 0.3 in.\ Oh\ sure,\ well\ all\ heard\ the\ story\ of\ Jonah\ and\ the\ Whale\ a\ hundred\ times.\ But\ have\ we...$

Save eBook »



Maurice, or the Fisher's Cot: A Long-Lost Tale

Alfred A. Knopf. Hardcover. Book Condition: New. 0375404732 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good...

Save eBook »