Winning strategies, inspiring stories, and the ultimate training tools

ERUNNER'S WORLD

JENNIFER VAN ALLEN, BART YASSO, AND AMBY BURFOOT with Pamela Nisevich Bede, RD, CSSD

Runner World Big Of Marathon Training

RJ Alexander

Runner World Big Of Marathon Training:

The Runner's World Big Book of Marathon and Half-Marathon Training Jennifer Van Allen, Bart Yasso, Amby Burfoot, Pamela Nisevich Bede, Editors of Runner's World Maga, 2012-06-05 The first dedicated book on marathon and half marathon training from the renowned experts at Runner's World Runner's World Big Book of Marathon and Half Marathon Training gives readers the core essentials of marathon training nutrition injury prevention and more The editors of Runner's World know marathon training better than anyone on the planet They have spent the last few years inviting readers to share the long sweaty journey to the starting line putting themselves on call to personally answer readers questions 24 7 This book includes testimonials from real runners more than 25 training plans for every level and ability workouts a runner s dictionary and sample meal plans Runner's World Big Book of Marathon and Half Marathon Training is a powerful and winning resource the ultimate tool kit for anyone who wants to get from the starting line to the finish line Everything Bart Yasso, Erin Strout, 2017-10-10 How to be prepared no matter where running might take you Millions of runners around the US are interested in special experiences whether it means running a bucket list event like the Boston Marathon or competing in beautiful and challenging locales such as Rome or Death Valley Whatever race you choose there is no one better to guide you on your journey than Bart Yasso chief running officer at Runner's World magazine Over the past 40 years Yasso has run more than 1 000 races across all seven continents at every conceivable distance from local 5Ks to grueling ultramarathons and Ironman triathlons He s truly done it all and in Race Everything he shares the secrets of how he trained the particularities of each course and the specific insights he has gleaned to help you run your best no matter the distance This book offers tried and true advice on how to train and what to do on race day to make the best use of your training It provides everything you need to know to succeed at the most popular race distances including general training principles targeted training plans for beginners and experienced runners alike and insider tips based on Yasso's own experiences and those of other top runners he has known and run with The goal is to inform and inspire runners eager to challenge themselves by tackling the world's signature races You will also learn Yasso's methods for winning the greatest race of all longevity so that you can remain healthy fit and able to race for decades to come Whether your goal is to complete a 5K or 10K race in your hometown or conquer the Antarctica Marathon Runner's World Race Everything will be your guide

Runner's World Train Smart, Run Forever Bill Pierce, Scott Murr, Editors of Runner's World Maga, 2017-04-04 From the experts at the Furman Institute of Running and Scientific Training FIRST Runner's World Train Smart Run Forever goes beyond traditional training programs and addresses the issues that prevent runners from reaching their full potential This book will teach you how to become a fit fast and healthy lifelong runner by following the authors innovative 7 hour workout week In this new approach Bill Pierce and Scott Murr show how overall fitness and total body health are the secret to longevity as a runner Runner's World Train Smart Run Forever is appropriate for all runners but is especially helpful if you re

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