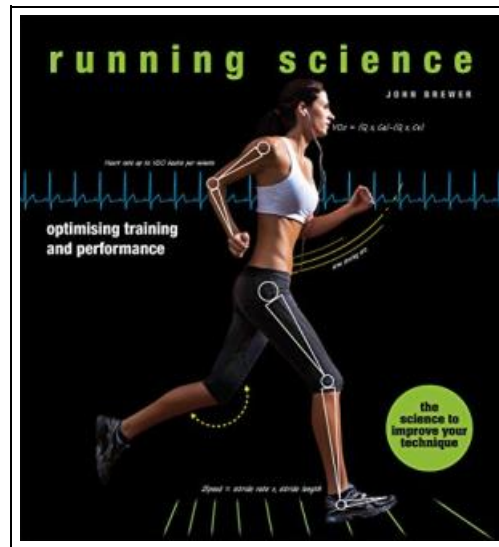


## Running Science: Optimizing Training and Performance (Hardback)



Filesize: 8.12 MB

### **Reviews**

*This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.*  
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## RUNNING SCIENCE: OPTIMIZING TRAINING AND PERFORMANCE (HARDBACK)



The University of Chicago Press, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Running is a deceptively simple sport. At its most basic, you need only shoes and comfortable clothes you don't mind getting sweaty. Yet each time you lace up, all your body's moving parts must work together to achieve a gait that will keep you injury-free. Many other factors also affect your performance, from the weather and the surface you run on to your shoes, your diet, and even your mental and emotional state. Science plays an important role in most, if not all, of these factors. As a sports scientist and Running Fitness columnist, John Brewer has reviewed hundreds of scientific studies, and he offers runners the benefit of their findings in *Running Science*. Each chapter explores a different aspect of the sport through a series of questions. Many of the questions address practical matters: Do you really need to stretch? Which running shoes best suit your form and foot strike? Does carbo-loading lore stand up to scientific scrutiny--could a big bowl of spaghetti be the difference between a PR and a DNF? Other questions enhance appreciation for the incredible feats of the sport's great athletes. (What would it take to run a two-hour marathon? Perfect weather, a straight, flat course, competition, and a lot of luck!) The answer to each question is presented in a straightforward, accessible manner, with accompanying infographics. Whether you're a beginner or a seasoned runner with many miles and medals behind you, *Running Science* is a must-have for anyone interested in the fascinating science behind the sport.



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