



The Hell and Joy of Running: Physiological, Psychological, and Biomechanical Benefits Associated with Running (Paperback)

By Imperial Dr. Fernando Dos Santos

AUTHORHOUSE, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book provides information about exercise physiology, biomechanics, and exercise psychology to readers particularly those interested in running. Step by step, this book advises runners what to do, what not to do, how to start a running program, correct technique, as well as advising what clothing is appropriate. Through understanding exercise physiology, people will understand the role of energy sources, the concepts of fatigue, the importance of fluid and carbohydrate intake. It is expected that readers will gain a better understanding of why some people were not able to enjoy running and why it seemed to be hell rather than the pleasure of performing. Also it will help runners to know themselves better in terms of their body's reactions to exercise, particularly aerobic exercise, and consequently to listen to their bodies. Runners will be able to exercise/run safely, within their capabilities thus, enjoying the feeling of well-being created by running. Therefore, this book is aimed at broadening the knowledge of people who enjoy running, and opening the mind of those who find running hell. It is written in an easy and concise...



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