
Read Book Tim Noakes Lore Of Running

Right here, we have countless books **Tim Noakes Lore Of Running** and collections to check out. We additionally provide variant types and along with type of the books to browse. The good enough book, fiction, history, novel, scientific research, as capably as various extra sorts of books are readily affable here.

As this Tim Noakes Lore Of Running, it ends going on mammal one of the favored ebook Tim Noakes Lore Of Running collections that we have. This is why you remain in the best website to look the unbelievable books to have.

KEY=OF - FRENCH GRAHAM

LORE OF RUNNING

Human Kinetics Dr. Noakes explores the physiology of running, all aspects of training, and recognizing, avoiding, and treating injuries. 133 illustrations.

LORE OF RUNNING

Discusses the details of physiology, biochemistry, racing, injuries, and tips for different aspects of running, and covers training methods, genetic versus trainable potential, information on programs--including those for marathons--from various experts, and a look at legendary figures and events in the history of the sport.

LORE OF RUNNING

WATERLOGGED

THE SERIOUS PROBLEM OF OVERHYDRATION IN ENDURANCE SPORTS

Human Kinetics "Drink as much as you can, even before you feel thirsty." That's been the mantra to athletes and coaches for the past three decades, and bottled water and sports drinks have flourished into billion-dollar industries in the same short time. The problem is that an overhydrated athlete is at a performance disadvantage and at risk of exercise-associated hyponatremia (EAH)--a potentially fatal condition. Dr. Tim Noakes takes you inside the science of athlete hydration for a fascinating look at the human body's need for water and how it uses the liquids it ingests. He also chronicles the shaky research that reported findings contrary to results in nearly all of Noakes' extensive and since-confirmed studies. In *Waterlogged*, Noakes sets the record straight, exposing the myths surrounding dehydration and presenting up-to-date hydration guidelines for endurance sport and prolonged training activities. Enough with oversold sports drinks and obsessing over water consumption before, during, and after every workout, he says. Time for the facts--and the prevention of any more needless fatalities.

RUNNING INJURIES

HOW TO PREVENT AND OVERCOME THEM

Oxford University Press, USA This practical manual offers up to date findings in medical research on injury prevention and cure. The book includes a user friendly diagnostic chart to facilitate locating and grasping the nature of an injury.

CHALLENGING BELIEFS

MEMOIRS OF A CAREER

Penguin Random House South Africa Tim Noakes is one of the world's leading authorities on the science behind sport and a successful sportsman in his own right. Through a lifetime of research, he has developed key scientific concepts in sport that have not only redefined the way elite athletes and teams approach their professions, but challenged conventional global thinking in these areas. In this new and updated edition of *Challenging Beliefs*, Noakes shares his views on everything from the myths perpetuated by the sports-drink industry to the prevalence of banned substances, the need to make rugby a safer sport and the benefits of a high-protein, low-carb diet. The teams and athletes with whom Noakes has worked make fascinating backdrops to these topics, highlighting the importance of science in sport in human terms. In providing an intimate look at the golden threads running through Noakes's life and career, this remarkable book reveals the landmark theories and principles generated by one of the greatest minds in the history of sports science.

LORE OF NUTRITION

CHALLENGING CONVENTIONAL DIETARY BELIEFS

Penguin Random House South Africa In December 2010, Professor Tim Noakes was introduced to a way of eating that was contrary to everything he had been taught and was accepted as conventional nutrition 'wisdom'. Having observed the benefits of the low-carb, high-fat lifestyle first-hand, and after thorough and intensive research, Noakes enthusiastically revealed his findings to the South African public in 2012. The backlash from his colleagues in the medical establishment was as swift as it was brutal, and culminated in a misconduct inquiry launched by the Health

Professions Council of South Africa. The subsequent hearing lasted well over a year, but Noakes ultimately triumphed, being found not guilty of unprofessional conduct in April 2017. In *Lore of Nutrition*, he explains the science behind the low-carb, high-fat/Banting diet, and why he champions this lifestyle despite the constant persecution and efforts to silence him. He also discusses at length what he has come to see as a medical and scientific code of silence that discourages anyone in the profession from speaking out against the current dietary guidelines. Leading food, health and medical journalist Marika Sboros, who attended every day of the HPCSA hearing, provides the fascinating backstory to the inquiry, which often reads like a spy novel. *Lore of Nutrition* is an eye-opener and a must-read for anyone who cares about their health.

THE REAL MEAL REVOLUTION

THE RADICAL, SUSTAINABLE APPROACH TO HEALTHY EATING

Robinson 'Scientists labelled fat the enemy . . . they were wrong.' Time magazine We've been told for years that eating fat is bad for us, that it is a primary cause of high blood pressure, heart disease and obesity. *The Real Meal Revolution* debunks this lie and shows us the way back to restored health through eating what human beings are meant to eat. This book will radically transform your life by showing you clearly, and easily, how to take control of not just your weight, but your overall health, too - through what you eat. And you can eat meat, seafood, eggs, cheese, butter, nuts . . . often the first things to be prohibited or severely restricted on most diets. This is Banting, or Low-Carb, High-Fat (LCHF) eating, for a new generation, solidly underpinned by years of scientific research and by now incontrovertible evidence. This extraordinary book, already a phenomenal bestseller, overturns the conventional dietary wisdom of recent decades that placed carbohydrates at the base of the supposedly healthy-eating pyramid and that has led directly to a worldwide epidemic of obesity and diabetes. Both a startling revelation, and as old as humanity itself, it offers a truly revolutionary approach to healthy eating that explodes the myth, among others, that cholesterol is bad for us. This is emphatically not just another unsustainable, quick-fix diet or a fad waiting to be forgotten, but a long-delayed return to the way human beings are supposed to eat. *The Real Meal Revolution* is an ebook which maintains the design of the book, and as a result will not display correctly on some basic reading devices.

LORE OF RUNNING

Oxford University Press, USA This book presents scientific information on all aspects of running, including physiology, biochemistry, psychology, and medical aspects.

SUPER FOOD FOR SUPERCHILDREN

DELICIOUS, LOW-SUGAR RECIPES FOR HEALTHY, HAPPY CHILDREN, FROM TODDLERS TO TEENS

Constable & Robinson There is so much dietary advice out there, much of it conflicting, that it can be difficult for busy parents to make sense of it all. Medical doctor and sports scientist, Professor Tim Noakes, chef and long-distance swimmer, Jonno Proudfoot, and dietitian Bridget Surtees, a specialist in paediatric nutrition, cut through the clamour to provide clear, proven guidelines and simple, delicious recipes to feed your family well, inexpensively and without fuss. Following their phenomenal, record-breaking success with *The Real Meal Revolution*, the Real Meal team set out to rethink the way we feed our children. The result, *Superfood for Superchildren*, challenges many ingrained dietary beliefs and advocates a real-food diet for children - from toddlers to teens - that is low in sugar and refined carbohydrates. Their advice is solidly underpinned by a critical, scientific interrogation of the children's food industry. By combining the latest peer-reviewed scientific evidence with straightforward, mouthwatering recipes, most of them for the whole family, *Superfood for Superchildren* shows clearly how to provide your children with the best possible nutrition to help them to grow up healthy and happy.

BRAIN TRAINING FOR RUNNERS

A REVOLUTIONARY NEW TRAINING SYSTEM TO IMPROVE ENDURANCE, SPEED, HEALTH, AND RESULTS

Penguin Based on new research in exercise physiology, author and running expert Matt Fitzgerald introduces a first-of-its-kind training strategy that he's named "Brain Training." Runners of all ages, backgrounds, and skill levels can learn to maximize their performance by supplying the brain with the right feedback. Based on Fitzgerald's eight-point brain training system, this book will help runners: - Resist running fatigue - Use cross-training as brain training - Master the art of pacing - Learn to run "in the zone" - Outsmart injuries - Fuel the brain for maximum performance Packed with cutting-edge research, real-world examples, and the wisdom of the world's top distance runners, *Brain Training for Runners* offers easily applied advice and delivers practical results for a better overall running experience.

THE EAT RIGHT REVOLUTION

YOUR GUIDE TO LIVING A LONGER, HEALTHIER LIFE

Penguin Random House South Africa The pandemic proved that it is one thing to sit around waiting for scientists to develop a vaccine against a new virus, but it is quite another for doctors and dietitians to tell people to ignore a weapon already close at hand, in their kitchens, that can protect them from the worst effects of COVID-19 infection. That weapon is a low-carb, high-fat diet ... It took a viral pandemic to reinvigorate the evidence that a low-carb, high-fat (LCHF) diet may be a 'vaccine' against ill health and premature death. *The Eat Right Revolution* exposes the real

pandemic we should all worry about - not another coronavirus, but a diet-related medical condition that threatens people's life expectancy and well-being globally. The Eat Right Revolution sets out a quick, safe, cheap and effective investment you can make for lifelong health in body and mind. It exposes the root causes of chronic, life-threatening comorbidities, such as obesity, type-2 diabetes, heart disease and more, and explains why LCHF and ketogenic diets can be safer, more effective solutions than drugs to beat these diseases. With recipes, food lists and meal plans, as well as updated, personalised do's and don'ts on the right LCHF approach for each individual, this book is an essential guide to living a longer, stronger, healthier life.

HOW TO LOSE A MARATHON

A STARTER'S GUIDE TO FINISHING IN 26.2 CHAPTERS

Abrams In How to Lose a Marathon, Joel Cohen takes readers on a step-by-step journey from being a couch potato to being a couch potato who can finish a marathon. Through a hilarious combination of running tips, narrative, illustrations, and infographics, Cohen breaks down the misery that is forcing yourself to run. From chafing to the best times to run, explaining the phenomenon known as the "Oprah Line," and exposing the torture that is a premarathon expo, Cohen acts as your satirical guide to every aspect of the runner's experience. Offering both real advice and genuine commiseration with runners of all skill levels, How to Lose a Marathon lets you know that even if you believe that the "runner's high" is a complete myth, you can still survive all 26.2 miles of a marathon.

GALLOWAY'S 5K AND 10K RUNNING

Meyer & Meyer Verlag Olympian Jeff Galloway offers an easy and time-efficient system to train for, and then enter, a 5K or a 10K race. His training has been used successfully by over 500,000 athletes through e-coaching, running schools, fitness retreats, training programs and books. His unique system gives you control over fatigue, while reducing or eliminating aches and pains. Successful schedules help beginners finish each workout strong, with time goal programs for veterans. Easy-to-read advice is given on medical checks, nutrition, fat-burning, aches and pains, shoes, and how to stay motivated. The race day checklist prepares you for the big day.

THE SCIENCE OF RUNNING

HOW TO FIND YOUR LIMIT AND TRAIN TO MAXIMIZE YOUR PERFORMANCE

Lightning Source Incorporated Reviews of The Science of Running: The Science of Running sets the new standard for training theory and physiological data. Every veteran and beginner distance coach needs to have this on their book shelf. -Alan Webb American Record Holder-Mile 3:46.91 For anyone serious about running, The Science of Running offers the latest information and research for optimizing not only your understanding of training but also your performance. If you want to delve deeper into the world of running and training, this book is for you. You will never look at running the same. -Jackie Areson, 15th at the 2013 World Championships in the 5k. 15:12 5,000m best If you are looking for how to finish your first 5k, this book isn't for you. The Science of Running is written for those of us looking to maximize our performance, get as close to our limits as possible, and more than anything find out how good we can be, or how good our athletes can be. In The Science of Running, elite coach and exercise physiologist Steve Magness integrates the latest research with the training processes of the world's best runners, to deliver an in depth look at how to maximize your performance. It is a unique book that conquers both the scientific and practical points of running in two different sections. The first is aimed at identifying what limits running performance from a scientific standpoint. You will take a tour through the inside of the body, learning what causes fatigue, how we produce energy to run, and how the brain functions to hold you back from super-human performance. In section two, we turn to the practical application of this information and focus on the process of training to achieve your goals. You will learn how to develop training plans and to look at training in a completely different way. The Science of Running does not hold back information and is sure to challenge you to become a better athlete, coach, or exercise scientist in covering such topics as: . What is fatigue? The latest research on looking at fatigue from a brain centered view. . Why VO2max is the most overrated and misunderstood concept in both the lab and on the track . Why zone training leads to suboptimal performance. . How to properly individualize training for your own unique physiology. . How to look at the training process in a unique way in terms of stimulus and adaptation. . Full sample training programs from 800m to the marathon.

THE RUNNING REVOLUTION

HOW TO RUN FASTER, FARTHER, AND INJURY-FREE--FOR LIFE

Penguin From a two-time Olympic coach and creator of the Pose Method who has trained the running elite, an essential guide for all runners seeking to go faster and farther without injury Christopher McDougall's Born to Run—and the wildly popular natural running trend it sparked—changed the way we think about running, but it has also prompted many questions: Have we been running the wrong way? And, have we been running in the wrong kind of shoe? What is the safest type of foot strike? How many types are there? And what is a foot strike anyway? No existing guide has clearly addressed these concerns—until now. The Running Revolution provides both beginning and experienced runners with everything they need to know in order to safely and efficiently transition to and master a safer and more biomechanically efficient way of running that is guaranteed to improve performance and minimize wear and tear on the body. More than a one-size-fits-all guide, The Running Revolution provides readers with clear instructions, complete

with helpful illustrations, that they can easily integrate into their unique running histories in order to run safely, intelligently, and efficiently for many years to come.

REAL FOOD ON TRIAL

HOW THE DIET DICTATORS TRIED TO DESTROY A TOP SCIENTIST

"Real food on trial, how diet dictators tried to destroy a top scientist, has been called the 'John Grisham of the non-fiction world', a 'blockbuster, jaw-dropping page-turner'. Another reviewer calls it a book that "should be fiction ... yet it isn't". It is a revised and an updated edition of the groundbreaking original, *Lore Of Nutrition, Challenging Conventional Dietary Beliefs*, first published in South Africa in November 2017 and now for the international market. It continues the true and shocking story of a world-first: the unprecedented prosecution and persecution of Professor Tim Noakes, a distinguished scientist and medical doctor, in a multimillion rand case that stretched over more than four years. All for a single tweet giving his opinion on nutrition. Noakes and investigative journalist Marika Sboros have added up-to-date, robust scientific evidence in support of his views that launched the case against him. They have added a new chapter on the appeal hearing - a last-gasp attempt by establishment forces to overturn a comprehensive not-guilty verdict on all 10 aspects of the trumped-up charge of unprofessional conduct for the tweet. It also contains a new foreword by internationally renowned endurance swimmer and UN Patron of the Oceans, Lewis Pugh. Noakes helped Pugh be the first to swim successfully across some of the coldest oceans on the planet. A maritime lawyer by profession, Pugh writes of the passion he shares with Noakes: "for the pursuit of truth and justice and a natural antipathy towards bullies and liars". That points a major theme of *Real Food On Trial*: a penetrating deep dive into the global scourge of academic bullying, or academic mobbing, as it is popularly known. The authors show how academic mobbing infects all of South Africa's top universities at the highest levels. They probe the soft underbelly of the powerful vested interests in food and drug industries and the medical, dietetic and scientific mobsters that front them. They lay bare the heavy price that Professor Noakes has paid, professionally, emotionally and financially, for going against orthodoxy. And for daring to challenge the medical and dietary dogma that keeps people fat and sick across the globe. Pugh writes that, from the outset, he saw the trial as a freedom of speech issue. He was "troubled" when the country's medical regulatory body, the Health Professions Council of South Africa (HPCSA), went to war with Noakes on the basis of his scientific opinion on nutrition. "After all, it's one thing to deny the Holocaust or to say something that incites racial, religious hatred or violence. It's quite another to say that you think meat, fish, chicken, eggs and dairy are good first foods for infants," Pugh says. This book shines light into the heart of darkness of a uniquely strange scientific saga. It's not over yet. Watch this space."-- Provided by publisher.

RUN FOR YOUR LIFE

HOW TO RUN, WALK, AND MOVE WITHOUT PAIN OR INJURY AND ACHIEVE A SENSE OF WELL-BEING AND JOY

Vintage A straightforward, easy-to-follow look at the anatomy, biomechanics, and nutrition of running. Dr. Cucuzzella "aims to improve the fitness and well-being of all, from the uninitiated to beginners to veterans who still have new tricks to learn" (Amby Burfoot, Boston Marathon winner, writer at large for *Runner's World* magazine, and author of *The Runner's Guide to the Meaning of Life*). Despite our natural ability and our human need to run, each year more than half of all runners suffer injuries. Pain and discouragement inevitably follow. Cucuzzella's book outlines the proven, practical techniques to avoid injury and reach the goal of personal fitness and overall health. With clear drawings and black-and-white photographs, the book provides illustrated exercises designed to teach healthy running, along with simple progressions and a running schedule that shows the reader how to tailor their training regimen to their individual needs and abilities.

THE ULTRA MINDSET

AN ENDURANCE CHAMPION'S 8 CORE PRINCIPLES FOR SUCCESS IN BUSINESS, SPORTS, AND LIFE

Da Capo Lifelong Books How to apply an endurance athlete's gritty, perseverant, and positive mental strategies cultivate a winning mindset and achieve success in work, family, athletics, and beyond

ANATOMY FOR RUNNERS

UNLOCKING YOUR ATHLETIC POTENTIAL FOR HEALTH, SPEED, AND INJURY PREVENTION

Simon and Schuster Running has become more and more popular in recent years, with thousands of people entering marathons, buying new running shoes with the latest technology, and going for a daily jog, whether on the track or on a treadmill. Unfortunately, with running comes injuries, as a result of wrong information and improper training. Author Jay Dicharry was tired of getting the same treatments from doctors that didn't heal his joint and muscle pain from running, so he decided to combine different fields of clinical care, biomechanical analysis, and coaching to help you avoid common injuries and become the best runner you can be. Along with clear and thorough explanations of how running influences the body, and how the body influences your running, this book answers many of the common questions that athletes have: Do runners need to stretch? What is the best way to run? What causes injuries? Which shoes are best for running? Is running barefoot beneficial? The mobility and stability tests will assess your form, and the corrective exercises, along with step-by-step photos, will improve your core and overall performance, so that you can train and run with confidence, knowing how to avoid injuries!

TAPERING AND PEAKING FOR OPTIMAL PERFORMANCE

Human Kinetics Publishers *Tapering and Peaking for Optimal Performance* offers in-depth discussion of the science, strategy, and program design of the tapering phase of training. This first-ever book devoted to the subject presents current scientific data on tapering, its physiological and psychological effects, and how these effects relate to athletic performance. Featuring various training models and experiential knowledge, this book allows readers to design optimal tapering programs for each athlete. Though most coaches and sport scientists are aware of the key role of tapering in preparation for competition, many tapering programs are developed by a trial-and-error process, often leading athletes to fall short of their optimal performance. In *Tapering and Peaking for Optimal Performance*, author Iñigo Mujika, one of the foremost researchers on tapering in sport, presents various models and explains current scientific data on tapering and its effects on physiological and psychological factors that support or hinder performance. Using this information, coaches, athletes, and sport scientists will be able to do the following: -Design optimal tapering plans specific to athletes and the competition. -Set realistic performance goals for competition. -Avoid negative outcomes associated with a deficient tapering program. Parts I and II of the text provide the academic reader with a clear understanding of the foundations, characteristics, and physiological and psychological changes associated with tapering. Readers will explore performance implications of tapering, examine tapering with the use of mathematical models, and learn the unique aspects of tapering for team sports. Special elements with clear explanations of scientific data and performance information are provided to help readers--even those without a strong background in science--grasp the theoretical concepts presented in the text. A running glossary also helps readers quickly define terms, and summary sections in each chapter provide quick reference and an overview of the content. In part III of the book, 16 internationally known coaches and athletes share the tapering strategies that enabled them to succeed in major international competitions. Readers will find sport-specific strategies for individual endurance sports, sprint and power events, precision sports, and team sports. By combining the experience-based knowledge of elite sport performers and coaches with the performance data presented in parts I and II, athletes, coaches, and students will learn to create optimal tapering programs for every sport. *Tapering and Peaking for Optimal Performance* is a powerful resource for athletes, coaches, and sport scientists to use in dealing with the important tapering period of a training program with increased confidence. By combining current scientific research with real-world examples, this text presents the most complete look at tapering available, and it encourages further study of this vital and sometimes elusive aspect of training for success.

RUN WORKOUTS FOR RUNNERS AND TRIATHLETES

Velopress The authors provide a tool for self-coached athletes of all abilities who want variety in their training.

RUNNING SCIENCE

Human Kinetics A comprehensive guide to all things running explains running physiology, biomechanics, medicine, genetics, biology, psychology, training, and racing.

RUNNING WITH THE BUFFALOES

A SEASON INSIDE WITH MARK WETMORE, ADAM GOUCHER, AND THE UNIVERSITY OF COLORADO MEN'S CROSS-COUNTRY TEAM

Rowman & Littlefield Top five Best Books About Running, Runner's World Magazine Top three Best Books About Running, readers of Runner's World Magazine (December 2009) A phenomenal portrait of courage and desire that will do for college cross-country what John Feinstein's *A Season on the Brink* did for college basketball.

WINGED MESSENGER

RUNNING YOUR FIRST COMRADES MARATHON

The year is 1976, and South Africa is gripped by a terrible lockdown - apartheid. Nelson Mandela is in prison on Robben Island; South Africa is isolated from the rest of the world, and revolution is in the air. Against this background, a young student at Johannesburg's Wits University decides to try and take control of his life, and his destiny, and give himself a sense of purpose. He challenges himself to run South Africa's most famous long-distance race, the grueling 90-kilometre Comrades Marathon. Little does he know that five years later he will win this most iconic of races and he will go on to be considered one of the greatest Comrades runners in the history of the race. In *Winged Messenger*, Bruce shares this 1976/77 training diary so that raw novices and experienced runners alike can follow the journey he took to his first Comrades. Novices particularly will enjoy reading about how he took his first stumbling, rudimentary steps and how, as an ordinary runner, he began to understand the demands of the race. He documents his mistakes, his successes and his progress towards his date with destiny in May 1977. Using his own experiences, he guides others, but particularly novices, on their quests to become winged messengers. This is a unique blend of both a training guide and a fascinating glimpse of the life of a young man in his quest to conquer both himself and South Africa's greatest race.

RUNNING FOR PEAK PERFORMANCE

DK Publishing (Dorling Kindersley) Decades of medical and scientific research have proven that running is one of the

healthiest - if not the healthiest - forms of exercise. Running is now a top mainstream sport, not just a competitive one. It is frequently included as part of a varied fitness plan by many people, with the focus on health and fitness to control weight levels and reduce stress. Increasing numbers of runners are joining clubs and entering races and marathons. More participants in the sport are 40-plus years, and a growing number are female. Builds the necessary skill, knowledge, and understanding to achieve anything from a 10-minute run to a full marathon, thus appealing to runners of all fitness levels and abilities. Expert practical advice and training programmes from a former Olympic Marathon Gold Medallist - a credible author who really knows the subject.

RUNNING INJURIES

THE BANTING POCKET GUIDE

RUNNING ON THE RED DUST

A FIRSTHAND INSIGHT INTO THE CREATION OF THE WORLD'S BEST ATHLETES FROM KENYA

Foreword, by Olympic athlete, Zane Robertson. East African runners have always inspired me; that's why I came to Kenya as a teenager. To be the best running version of myself, I had to live and train with the best, and absorb what is useful from the surroundings. When I stand on the start line, ready to race against Kenyans, I don't fear them. I consider myself to be partly one of them. One thing is for sure- Kenyans know how to run. This book captures the Kenyan running phenomenon in an experiential and realistic way. How they train, how they live, what they eat and even how they think. It explains the struggles, hardships and hard work that it takes to reach the top. Packed with training tips, this book will help every runner assess their own training and improve their running. Colin has made many visits to Iten and spent time helping a number of athletes. When he is here in Iten, he lives the proper way with us locals. That's the best way to learn about the Kenyan way of life. Running on the Red Dust reminds me of great memories from over the years and I am sure it will inspire and educate you to improve your running and learn about life in Kenya.

BAREFOOT RUNNING

HOW TO RUN LIGHT AND FREE BY GETTING IN TOUCH WITH THE EARTH

Crown How could something we have for free—our bare feet—be better for running than \$150 shoes? The truth is that running in shoes is high-impact, unstable, and inflexible. Shoes promote a heel-centric ground strike, which weakens your feet, knees, and hips, and leads to common running injuries. In contrast, barefoot running is low-impact, forefoot-centric, stable, and beneficial to your body. It encourages proper form and strengthens your feet in miraculous ways. When you run in shoes, you not only risk developing poor form, but you also hinder the natural relationship with the ground that running facilitates. Barefoot running restores the delightful sensory and spiritual connections to the earth that you were meant to experience. Barefoot Running offers the only step-by-step direction runners need at any age to overcome injuries, run faster than ever, and rediscover the pure joy of running. Once you tear off your shoes and learn to dance with nature, you'll tread lightly and freely, hearing only the earth's symphony and feeling only the dirt beneath your feet. Hit the ground running with revolutionary techniques for starting out slowly, choosing minimalist footwear, navigating rough weather and rugged terrain, and building your feet into living shoes.

A FAT LOT OF GOOD

HOW THE EXPERTS GOT FOOD AND DIET SO WRONG AND WHAT YOU CAN DO TO TAKE BACK CONTROL OF YOUR HEALTH

Penguin Group Australia Like most doctors, Peter Brukner was trained to believe that drugs and surgery are the answers to all medical problems - including the epidemics of obesity, diabetes and other 'modern illnesses' that are threatening our healthcare system and the life expectancy of future generations. For years he was dismissive of any 'alternative' diets or lifestyle changes. But that all changed when, facing the double threat of obesity and diabetes himself, his research led to a shocking realisation that overturned a lot of the medical 'truth' he'd taken for granted: our dietary guidelines and food pyramid have no scientific basis. So he switched to a low-carb, healthy fat lifestyle - and dropped 13 kilos, lowered his insulin levels and drastically improved his liver function in just three months. In A Fat Lot of Good Dr Brukner busts the dietary myths we've been living by for decades and gives you all the information you need, in as simple a way as possible, to live a longer, healthier and - most importantly - more enjoyable life. A Fat Lot of Good features: · The real reasons why we're all getting fatter and less healthy · The lowdown on carbs, fats and proteins: what they do, which we actually need and how much · What you need to know about insulin, inflammation and the gut microbiome · Dr Brukner's Five Golden Rules for a healthy lifestyle · Tips on reading food labels, making smart choices when eating out and buying real food on a budget · Advice on how to get the right levels of exercise, sleep and sun to boost your health · A selection of simple low-carb, healthy fat recipes to get you started Packed full of the latest research and countless practical tips, A Fat Lot of Good is the complete toolkit for building the healthy lifestyle that's right for you. All author proceeds donated to SugarByHalf.

DANIELS' RUNNING FORMULA

Human Kinetics Get in the best shape of your running career with the help of Daniels' Running Formula, the book that

Runner's World magazine calls the best training book. Premier running coach Jack Daniels provides you with his legendary VDOT formula to guide you through training at exactly the right intensity to run stronger, longer, and faster. Choose a program to get in shape, target a race program, or regain conditioning after layoff or injury. Train for competition with programs for 800 meters, 1500 meters to 2 miles, cross country races, 5K to 10K, 15K to 30K, and marathon events. Each program incorporates training intensities to help you build endurance, strength, and speed. With Daniels' Running Formula, you'll track the time you spend at each level, train more efficiently, and optimize results. Completely updated with new chapters on altitude training, seasonal programming, and treadmill training, Daniels' Running Formula, Third Edition, is the most comprehensive, accessible, and instantly applicable edition to date. Customizable to your current fitness level, competition goals, and schedule, the formula is the ideal solution for any race, anywhere, anytime. Whether training or competing, get the results you're seeking every time you lace up with the workouts and programs detailed in Daniels' Running Formula.

THE BIG BOOK OF ENDURANCE TRAINING AND RACING

Skyhorse Publishing, Inc. "Welcome to what will undoubtedly be a whole new level of athletic performance."—Mark Allen, six-time winner of the Hawaii Ironman.

FASTER ROAD RACING

5K TO HALF MARATHON

Human Kinetics Renowned running authority, coach, and best-selling author Pete Pfitzinger teams with Philip Latter, senior writer for Running Times, in this must-have training guide for the most popular race distances, including the 5K, 10K, and half marathon. Faster Road Racing: 5K to Half Marathon presents easy-to-follow programs proven to give you an edge in your next race. You'll discover detailed plans for race-specific distances as well as expert advice on balancing training and recovery, cross-training, nutrition, tapering, and training over age 40. And for serious runners who compete in numerous races throughout the year, Pfitzinger's multi-race, multi-distance training plans are invaluable. Faster Road Racing is your all-inclusive resource on running your fastest at distances of 5K, 8K to 10K, 15K to 10 miles, and the half marathon.

TRAINING ESSENTIALS FOR ULTRARUNNING

HOW TO TRAIN SMARTER, RACE FASTER, AND MAXIMIZE YOUR ULTRAMARATHON PERFORMANCE

VeloPress When elite ultrarunners have a need for speed, they turn to coach Jason Koop. Now the sport's leading coach makes his highly effective ultramarathon training methods available to ultrarunners of all abilities in his book Training Essentials for Ultrarunning. Ultramarathoners have traditionally piled on the miles or tried an approach that worked for a friend. Yet ultramarathons are not just longer marathons; simply running more will not prepare you for the race experience you want. Ultramarathon requires a new and specific approach to training. Training Essentials for Ultrarunning will revolutionize training for those who want to race an ultramarathon instead of just gutting it out to the finish line. Koop's race-proven ultramarathon program is based on sound science, the most current research, and years of experience coaching the sport's star runners to podium performances. Packed with practical advice and vetted training methods, Training Essentials for Ultrarunning is the new, must-have resource for first-timers and ultramarathon veterans. Runners using Training Essentials for Ultrarunning will gain much more than Koop's training approach:

- The science behind ultramarathon performance.
- Common ultramarathon failure points and how to solve them.
- How to use interval training to focus workouts, make gains, reduce injuries, and race faster.
- Simple, effective fueling and hydration strategies.
- Koop's A.D.A.P.T. method for making the right decisions to solve a race-day crisis.
- How to plan your ultra season for better racing.
- Course-by-course coaching guides to iconic U.S. ultramarathons including American River 50, Badwater 135, Hardrock 100, Javelina 100, JFK 50, Lake Sonoma 50, Leadville 100, Vermont 100, Wasatch 100, and Western States 100.
- How to achieve your goal, whether it's finishing or winning.

A revolution is coming to ultrarunning as ultramarathoners shed old habits and embrace the smarter methods that science and experience show are better. Featuring stories and advice from ultrarunning stars Dakota Jones, Kaci Lickteig, Dylan Bowman, Timothy Olson, and others who work with Koop, Training Essentials for Ultrarunning is the go-to guide for first-time ultrarunners and competitive ultramarathoners.

DR. NICHOLAS ROMANOV'S POSE METHOD OF RUNNING

A NEW PARADIGM OF RUNNING

Pose Tech Corp. Running barefoot isn't as natural as we're led to believe. Recent studies have shown that up to 85% of runners get injured every year, how natural is that? The most important question that running "barefoot" or "naturally" doesn't address is how we should run. Repetitive ground impact forces are at the root of most running injuries. A 30 minute jog can log more than 5,000 foot strikes; its because of this volume of movement that efficient

DIET CULTS: THE SURPRISING FALLACY AT THE CORE OF NUTRITION FADS AND A GUIDE TO HEALTHY EATING FOR THE REST OF US

Simon and Schuster From the national bestselling author of Racing Weight, Matt Fitzgerald exposes the irrationality, half-truths, and downright impossibility of a "single right way" to eat, and reveals how to develop rational, healthy

eating habits. From “The Four Hour Body,” to “Atkins,” there are diet cults to match seemingly any mood and personality type. Everywhere we turn, someone is preaching the “One True Way” to eat for maximum health. Paleo Diet advocates tell us that all foods less than 12,000 years old are the enemy. Low-carb gurus demonize carbs, then there are the low-fat prophets. But they agree on one thing: there is only one true way to eat for maximum health. The first clue that that is a fallacy is the sheer variety of diets advocated. Indeed, while all of these competing views claim to be backed by “science,” a good look at actual nutritional science itself suggests that it is impossible to identify a single best way to eat. Fitzgerald advocates an agnostic, rational approach to eating habits, based on one’s own habits, lifestyle, and genetics/body type. Many professional athletes already practice this “Good Enough” diet, and now we can too and ditch the brainwashing of these diet cults for good.

ONCE A RUNNER

A NOVEL

Simon and Schuster The undisputed classic of running novels and one of the most beloved sports books ever published, *Once a Runner* tells the story of an athlete’s dreams amid the turmoil of the 60s and the Vietnam war. Inspired by the author’s experience as a collegiate champion, the novel follows Quenton Cassidy, a competitive runner at fictional Southeastern University whose lifelong dream is to run a four-minute mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school’s athletic department. After he becomes involved in an athletes’ protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history. A rare insider’s account of the incredibly intense lives of elite distance runners, *Once a Runner* is an inspiring, funny, and spot-on tale of one individual’s quest to become a champion.

BUILD YOUR RUNNING BODY

A TOTAL-BODY FITNESS PLAN FOR ALL DISTANCE RUNNERS, FROM MILERS TO ULTRAMARATHONERS—RUN FARTHER, FASTER, AND INJURY-FREE

The Experiment “The best running book ever.” —Bob Anderson, founder of Runner’s World Whether you’re a miler or an ultramarathoner, if you want a fit, fast, and injury-resistant running body, there’s a better way to train than relentlessly pursuing mileage. This easy-to-use workout manual draws on the latest research in running physiology to target all the components that go into every stride—including muscles, connective tissue, cardiovascular fitness, energy production, the nervous system, hormones, and the brain. With the breakthrough whole-body training program in *Build Your Running Body*, runners will improve their times, run longer and more comfortably, and reduce injury. With more than 150 workouts—from weightlifting and cross-training to resistance exercises and plyometrics—fine-tuned to individual skill levels and performance goals, PLUS:

- 393 photos that make it easy to follow every step of every workout
- 10 training programs to help runners of all levels integrate the total-body plan into their daily routines
- Interviews with leading runners, exercise scientists, and coaches—learn how elite runners train today
- Race strategy for the crucial weeks leading up to the competition and through to the finish line
- Exercises to prevent injury and rehabilitate common running ailments
- Seasoned insight on barefoot running, the pros and cons of stretching, and other hot-button topics
- Nutrition guidance on carbs, proteins, fats, and weight loss
- More than 30 recipes to speed recovery and cement fitness gains
- Beginners’ guidelines every step of the way
- Valuable tips on proper apparel, tracking your progress, and more!

WINNING RUNNING

SUCCESSFUL 800M & 1500M RACING AND TRAINING

Crowood Press (UK) Training and coaching manual. Illus.