



The Marathon Runner

Bruce Fordyce, Mariëlle Renssen



The Marathon Runner:

Marathon Running Richard Nerurkar,2012-08-30 Written by Richard Nerurkar Britain's most successful marathon runner of the 1990s the fourth edition of this classic invaluable guide will help you get the most from your distance training From the complete beginner enchanted by the challenge of the London Marathon to the experienced runner wishing to improve on racing strategy its authoritative pages reveal a wealth of information on Structuring an effective build up and taper Training harder without doing too much Improving your endurance and pace judgement Producing your best on race day This new edition has been fully updated to take account of the latest developments in running science and programme design Also included are tips on how to choose a good marathon and the pitfalls of bad ones as well as more insights from Richard and other leading runners

Marathon! Timothy Collings, Stuart Sykes, 2004 No single volume has ever examined in depth the history of the Olympic marathon or why thousands of runners line up across the world to run those 26.2 miles each year With the Olympic Games returning for the first time in a century to their ancient home in Athens here are the stories behind the ultimate running challenge Did Pheidippides the Greek ever perform the feat of endurance the famous victory at Marathon is alleged to have inspired It matters not Spiridon the Greek most certainly did in 1896 when the modern Olympic Games were born in Athens Twenty four men's marathons have come and gone under the five ringed flag but no Greek runner has ever won it again share of controversy more than anything the marathon is the measure of athletics heroes What does it take apart from dogged determination to run an Olympic marathon No athlete now would try what Zatopek did half a century ago Where the first marathon runner brought news of a victorious army an army of support staff now stands behind the marathon man or woman while athletics training has evolved to levels Spiridon would never have dreamt of

In the Running Phil Hewitt, 2016-09-08 From the strength and stamina of well known runners who achieve the almost impossible to the extraordinary runners who have changed lives and history this collection of unforgettable stories will inspire anyone who's ever pounded the pavement to keep on running and enjoy every minute of this liberating sport

Marathon Running Richard Nerurkar, 2000-01-01 Intended for everyone from the complete beginner to the experienced runner wishing to improve on racing strategy this book gives information on structuring an effective build up training harder without doing too much improving your pace judgement and producing your best on race day

Two Hours Ed Caesar, 2015-10-27 In this spellbinding book journalist Ed Caesar takes us into the world of elite marathoners some of the greatest runners on earth Through the stories of these rich characters like Kenyan Geoffrey Mutai around whom the narrative is built Caesar traces the history of the marathon as well as the science physiology and psychology involved in running so fast for so long And he shows us why this most democratic of races retains its brutal enthralling appeal and why we are drawn to test ourselves to the limit

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Running Your First Marathon Andrew Kastor, 2018-01-09 Andrew Kastor has taken the tried and true principles that all us pros follow and made them available and applicable for everyone Just as Andrew has helped me on my

journey he is sure to help you on yours Ryan Hall US Olympic Marathoner holder of the US record in the half marathon and marathon training expert As a marathon training coach for world class runners and Olympic medalists Andrew Kastor knows what it takes to get to the finish line Whether you are planning to run a full or half marathon Coach Kastor's marathon training program conditions you to set achievable goals get in shape and stay motivated With an easy to follow 20 week marathon training schedule for building strength and endurance plus expert advice from record holding runners on what to expect Running Your First Marathon is the only coaching you'll need to go the distance Running Your First Marathon lays out a goal oriented marathon training program with A 20 Week Marathon Training Program detailed day by day marathon training schedules and space to track your progress Marathon Training 101 advice and tips from world class marathoners on marathon training fueling your body avoiding injury and race day preparation Motivational Marathon Training Boosts from Coach Kastor and other famous runners to help you stay on track during marathon training Running Your First Marathon will not only inspire you but also help train your mind and body to unlock hidden potential Shalane Flanagan Olympic Silver Medalist NYC Marathon champion American record holder and marathon training pro Marathon Wisdom Mara Yamauchi, 2022-06-01 Mara Yamauchi is a two time Olympian Commonwealth Games bronze medallist and one of the UK's fastest female marathon runners ever with a personal best of 2:23:12 But there is much more to Mara than just running fast During her career as a world class marathon runner Mara experienced the exhilarating highs and crushing lows of elite sport Her experiences proved to be an enriching journey of immense self development deep understanding and valuable learning about her character running and life itself This book of 42,195 insights the number of kilometres in a marathon distils the wealth of wisdom and experience Mara has gained as a world class athlete From planning training optimising nutrition and preparing effectively for racing to coping with disappointments and struggles with mental illness Mara shares everything she has learned good and bad as one of the world's top marathoners Not one to spoon feed her training plans Mara instead encourages you to think critically to understand how to improve and set your own goals She also takes you into the revered world of distance running in Japan one of the world's marathon superpowers This book has something for everyone from beginner runners to competitive athletes and those aspiring to the very top Mara's insights are also applicable beyond running and are meant for anyone who wants to realise a dream or achieve a lifetime goal in whatever field is special to them

Marathon Running: Physiology, Psychology, Nutrition and Training Aspects Christoph Zinner, Billy Sperlich, 2016-03-19 The book contains recent research about physiology psychology nutrition and training aspects of Marathon Running of different age gender and performance level The basic knowledge of marathon running with explanations of the physiological and psychological mechanisms induced by marathon training with the associated adaptations and subsequent improved physiological capacities are presented in a reader friendly format for researchers and practitioners The book includes a full range of useful practical knowledge as well as trainings principles to guide the reader

to run marathon faster After reading the book the reader is able to develop training plans and owns the knowledge about up to date scientific results in the fields of physiology psychology nutrition in marathon running *Making the Marathon Your Event* Richard Benyo,2011-08-10 In easy to understand language Benyo covers preliminaries preparation pacing and strategy and much more He helps runners tailor a general program to their own particular needs and backs his recommendations with up to the minute research From the Trade Paperback edition **The Non-Runner's Marathon Trainer** David A. Whitsett,Forrest A. Dolgener,Tanjala Jo Kole,1998-02-01 Athlete Runner Marathoner Are these words you wouldn't exactly use to describe yourself Do you consider yourself too old or too out of shape to run a marathon But somewhere deep inside have you always admired the people who could reach down and come up with the mental and physical strength to complete such a daunting and rewarding accomplishment It doesn't have to be somebody else crossing the finish line You can be a marathoner The Non Runner's Marathon Trainer is based on the highly successful marathon class offered by the University of Northern Iowa which was featured in a Runner's World article titled Marathoning 101 The class has been offered five times over 10 years and all but one student finished the marathon That is approximately 200 students all first time marathoners and many with absolutely no running background This book follows the same 16 week four day a week workout plan What makes the success rate of this program so much higher than any other The special emphasis on the psychological aspects of endurance activities You don't have to love to run you don't even have to like it but you have to realize that you are capable of more than you have ever thought possible One participant in the program explained it like this I'm doing this for me not for others or the time clock I just feel better when I run plus it helps me to cope with things in general The skills we've learned in this class don't apply just to marathoning they apply to life Just like you never know what the next step in a marathon will bring so too you never know what will happen next in life But if you don't keep going you're never going to find out By staying relaxed centered and positive you handle just about anything that comes your way This is marathon running for real people people with jobs and families and obligations outside of running The Non Runner's Marathon Trainer has proven successful for men and women of all ages Now let it work for you *Running with Joy* Ryan Hall,2011-02-01 From the fastest American born marathoner of all time here is an intimate day by day account of what it takes physically mentally emotionally and spiritually to be one of the best in the world This journal chronicles Ryan Hall's 14 week preparation for the 2010 Boston Marathon providing practical insights into the daily regimen of someone training at the absolute peak of human performance It also reveals the spiritual journey of an elite athlete who is a follower of Jesus Christ Readers will discover how Ryan deals with nagging injuries and illness bad weather disappointing workouts and a slavish focus on results that can take the fun out of running Ryan runs 140 miles a week often at altitude and a blistering pace Yet millions of everyday runners will identify with and appreciate his intentional return to running with joy and his lifelong goal of glorifying Christ on and off the racecourse **The Marathon Runner's Handbook** Bruce Fordyce,Mariëlle Renssen,2007-12 It's the most exciting

challenge a runner can face that first big marathon With this practical guide to everything from physiology to great gear now updated for this third edition novices can train themselves up from scratch to their first six mile race and then on to half full and ultra marathons Full color diagrams detailed text fact filled charts and superb action photographs explain running science in an accessible and inspiring way All the crucial information is here an analysis of how muscles work and injuries occur advice on choosing the right running shoe suggestions for a proper runner s diet plus practical training schedules and pacing tables for measuring progress Even an absolute beginner will be ready to take on that big run in six months

Run Smart John Brewer, 2017-09-21 Renowned marathon expert and leading sports scientist Professor John Brewer reveals why many of the concepts surrounding marathon training and running are wrong and suggests how the latest sports science research transforms the way marathons should be approached *Run Smart* uses the latest scientific research to show how preparing for and running marathons can be made easier and in doing so challenges many of the myths that surround marathon running The book will draw on the author s experience as one of the UK s leading sports scientists his extensive research background in marathon running and his experience as a marathon runner to provide credible advice to runners to support their preparation for a marathon The book will challenge many current concepts myths and ideas and provide science based alternatives in areas such as training and nutrition that will optimise and ease a runner s preparation for and completion of the 26.2 mile distance This highly accessible book will use the latest scientific findings to support new runners training for their first marathon and help more experienced athletes improve and train smarter

The Looniness of the Long Distance Runner Russell Taylor, 2001 *The Looniness of the Long Distance Runner* is one comparatively unfit 39 year old Londoner s humorous account of his attempt to run the New York marathon from scratch He chose the pre Thanksgiving race in the Big Apple to avoid adding to his ordeal by having to train during the British winter Inspired by the charity running of friends Russell Taylor set himself the challenge of doing what Pheidippides first had done But to spare himself the post event trauma of trying to extract money from the reluctant grasp of his sponsors he decided to write a book about his experiences and donate the royalties to charity instead This book follows our intrepid road runner from the treadmills of a north London gymnasium via his first tentative fun run to the mean streets of the Bronx Queens and Manhattan Along the way we encounter indescribably tasteless isotonic drinks sweaty singlets sports injuries personal bests split times anxious queuing for the public toilets and an unfeasibly large quantity of bananas We also discover what lurks within the breast of the endurance athlete an unreasonable hatred of his fellow runner except the nubile females of the species a contempt for the idiocy of stadium announcers and a strange fear of spectators who line the route inanely shouting Keep Going by way of encouragement The narrative is interspersed by jocular reviews of films about running not least *The Loneliness of the Long Distance Runner* and a tongue in cheek description of the history of the marathon from its Ancient Greek origins to its modern day revival as an Olympic event Written with considerable panache and a self deprecating sense of humour this

illuminating tale of obsessive and foolhardy sporting endeavour will make entertaining reading for in descending order of athletic accomplishment manic ultra marathon runners dedicated pavement pounders occasional joggers and the simply curious alike **Running Crazy - Imagine Running a Marathon. Now Imagine Running Over 100 of Them.**

Incredible True Stories from the World's Most Fanatical Runners Helen Summer, 2013-04-15 Pheidippides did it once and became a legend Brian Mills did it 771 times but you might be forgiven for not knowing who he is He is a runner and it is the marathon all 26 miles and 385 yards of it and for some people once is not enough Brian Mills is rumoured to have a butterfly tattoo for each of his 771 efforts And Brian is not the only one who has notched up three digits of grueling athletic endeavor The 100 Marathon Club also known as the Hell s Angels of Running and Running Sluts running one race whilst thinking of another is growing in number every year This is a club with no prejudices and only one prerequisite for membership the completion of 100 marathons It is full of colourful contrasting characters with idiosyncratic personalities and diverse lifestyles They make up a gargantuan melting pot of humanity linked by one common desire to run and run and run But who would want to run 100 marathons or more And why How do they find the time the money the energy Are they crazy Or just passionate Find out by reading their stories Some will make you laugh others will make you cry some may even inspire you to run a marathon Believe it or not these are ordinary everyday people like you Although when you have finished laughing and crying you may still not be sure whether they are crazy or passionate But you as they do when they run will have a lot of fun along the way Marathon Runners Handbook Bruce Fordyce, Marielle Renssen, 2002 Divided into two sections this guide deals with training beginner runners from scratch up to their first 10 km 6 mile race and then tackles the more serious topic of half full and ultra marathon running *Running a Marathon For Dummies* Jason Karp, 2012-10-18 Get ready to run the race of your life Marathons in the U S have seen record increases in participation during the past few years Running a Marathon For Dummies helps aspiring marathon runners prepare to successfully complete their first race and shows experienced runners how to take their game to the next level Running a Marathon For Dummies gives you exercises programs and tips to improve your running stamina speed and overall health It takes you from sitting on the couch through running your first 26 2 mile marathon and beyond For seasoned runners Running a Marathon For Dummies offers tips and advice for how to continue improving performance through drills exercises and other techniques Provides a timed training promise for runners of all skill levels from non runners first marathoners and mid race runners to more experienced runners Includes information on how running increases heart strength keeps illnesses away keeps arteries clear and improves a person s mood Gives you drills exercises and techniques to improve your endurance Whether you re a couch potato or a regularly hit the asphalt Running a Marathon For Dummies gives you everything you need to run the race of your life

World-class Marathon Runner Paul Mason, Haydn Middleton, 2005-06-30 Contents include The Need for Preparation How Marathons Began The Olympic Marathon City Marathons Deciding to Run a Marathon Living the Marathon Life Training

Goals and Patterns Breaking the Year into Periods Bodywork Fueling the Body Building Strength and Endurance Making the Body Work Better Strong and Steady Wins the Race The Long Run Practice Makes Perfect Fluid Replacement Tactics Battling Dehydration Measuring Performance Oxygen for Energy The Value of Speed Injury and Recovery What Can Go Wrong Getting to Know the Climate The Final Countdown The Three Rs of Peak Performance The Problem of Pace High Performance Principles After the Race What It Means to be a Marathon Champion **Marathon Runner's Handbook** Bruce Fordyce, Mariëlle Renssen, 2002 Preparing for a marathon Marathon Runner's Handbook has everything you'll need to lead you to race day with confidence This all in one resource is like a checklist of information for the distance runner You'll learn how to choose and customize the proper shoes and clothing for greater comfort while you run get your muscles in top running shape with proper strength and stretching exercises prevent diagnose and treat running injuries use pacing tables and shorter race targets to gauge your progress and fuel your body properly for optimum training and race day performance The clear in depth information and photos in this book make it easy to understand just what you need to do Full color photos and illustrations show recommended stretches and strength exercises you'll also learn how to recognize and care for injuries It's all here From detailed advice on shoe shapes lasts and lacing to explicit training programs for the 10K half marathon marathon and ultramarathon this book gives you the essential information for running safely comfortably and swiftly Whether you're getting ready to run your first marathon or you want to set a new personal record this book provides the practical guidance and inspiration you need Let Marathon Runner's Handbook take you all the way to the finish **Keep on Running** Phil Hewitt, 2012-04-02 Phil Hewitt has completed over 25 marathons in conditions ranging from blistering heat to snow and ice This account of his adventures from Berlin to New York looks at the highs and lows of running marathons the motivation to keep going when your body wants to stop and tries to answer the ultimate question Why do you do it

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