



Marathonlopen Training Blessures Conditiedieet

Richard Blagrove



Marathonlopen Training Blessures Conditiedieet:

Marathonlopen John Humphreys, Ron Holman, Harm Kuipers, 1984 **Strength and Conditioning for Endurance Running** Richard Blagrove, 2015-07-31 Endurance runners and coaches have tended to neglect weight training and conditioning techniques often in the belief that they don't benefit performance add unwanted muscle bulk or cause excessive soreness But as standards at elite level have improved so coaches and runners have become increasingly keen on learning about the latest new training techniques or ways to stay injury free No longer does the running community view strength and conditioning with scepticism or as something that can only benefit elite runners In **Strength and Conditioning for Endurance Running** author Richard Blagrove shows how a strength and conditioning programme can directly improve running performance and reduce the risk of injury as well as allowing an athlete to tolerate high volumes of running in the future Fully illustrated with 312 colour images and diagrams **Runner's World Run Less, Run Faster** Bill Pierce, Scott Murr, Ray Moss, Editors of Runner's World Magazine, 2012-04-10 The Furman Institute of Running and Scientific Training known as FIRST is dedicated to make running more accessible and limit overtraining and burnout while producing faster race times FIRST is one of the foremost experts in the world on the science of running its authority is unmatched and the promise of training less and accomplishing more has made the first two editions of **Run Less Run Faster** a solid and steady seller With 50 percent updated content this new edition of **Runner's World Run Less Run Faster** by Bill Pierce Scott Murr and Ray Moss continues to promise the same tantalizing results Readers can get stronger faster and better by training less It will also include more sections for novice runners broadening the audience appeal as well as training plans tailored to the new qualifying times for the Boston Marathon The quality over quantity approach optimizes training time and yields better performance results runners will love no matter what distance they are racing *Marathon Training* Human Kinetics Publishers, Inc, 2004

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