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Alberto Salazar's Guide to Road Racing Alberto Salazar, 2003 In *Alberto Salazar's Guide to Road Racing* he shows readers how to run farther and faster without the injuries or burnout that accompany overtraining and offers both first time runners and dedicated marathoners the training methods he s developed and refined in his many years of racing and coaching Jacket

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Running Encyclopedia Richard Benyo, Joe Henderson, 2002 An A to Z resource on running including history key figures major events and primary training theories and terms

Running—The Sacred Art Dr. Warren A. Kay, 2011-05-03 Lace up your running shoes and discover how your daily run can enrich your spiritual life We run for exercise relaxation and sometimes to indulge our competitive spirit Now Warren A Kay takes you on an exploration of an often overlooked facet of the sport running as an intentional spiritual practice Kay s approach is more than just blissing out on a run He combines penetrating reflections on God creation and the role of Spirit in our lives with practical concise tips for starting your own spiritual running journal He helps turn your ordinary runs into extraordinary opportunities for spiritual growth Whether you ve logged thousands of miles or are new to the sport you ll find the guidance and inspiration you need in this unique book Experience your daily runs as Sanctuary running time is sacred time Prayer open yourself to conversation with God Meditation reach inside yourself to find spiritual comfort Sacrament experience the Divine in the physicality of running Pilgrimage a run is the journey and the destination

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The Complete Idiot's Guide to Running Bill Rodgers, Scott Douglas, 2003 Offers motivation to begin running plus warm up exercises and tips for building stamina avoiding injury and choosing the right shoes and clothing

Precor Presents Alberto Salazar, the Treadmill Training

and Workout Guide Alberto Salazar,2000 The Complete Guide to Running Earl W. Fee,2005 In The Complete Guide to Running the secrets of Earl Fee a world master s champion are revealed that helped him achieve over 30 world records in running This material is supported by hundreds of references Fifteen chapters explain how to improve general physical and mental fitness with major emphasis on mental training nutrition physiology inspiration and motivation Ten chapters reveal the how and why of running training for sprinting middle and long distance hurdles and running in the pool Athletes from 9 to 90 will benefit from this information since all are bound by the same training principles Precautions and training are explained for the extreme young and old New York Running Guide Bob McCullough,Miles Jaffe,1998 For the thousands of runners who live in New York City here is detailed course information needed to enjoy 44 of the best running routes throughout the five boroughs Long Island and New Jersey 61 illustrations

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