



Alles Over Hardlopen

Marlies Koers



Alles Over Hardlopen:

Alles wat je wilt weten over hardlopen Mariska van Sprundel, 2022-11-15 De hardloopwereld staat bol van de overgeleverde wijsheden over schoenen voeding blessures en gezondheid Goede schoenen zouden pijntjes voorkomen en marathons zijn ongezond voor het hart Maar wat is feit en wat is fictie Wetenschapsjournalist Mariska van Sprundel is na haar zoveelste blessure vastberaden de wetenschap achter hardlopen te ontrafelen In Alles wat je wilt weten over hardlopen onderzoekt Van Sprundel de wisselwerking tussen hardlopen en ons lichaam aan de hand van de nieuwste ontwikkelingen uit de sportwetenschap Haar persoonlijke zoektocht leidt langs internationale universiteiten bewegingslabs hardloopwinkels en DNA tests Haar bevindingen leiden tot inzichten waar elke beginnende of gevorderde loper mee uit de voeten kan In deze nieuwe editie gaat Mariska van Sprundel uitgebreid in op herstelstrategieën zijn de nieuwste inzichten rond schoenen verwerkt en neemt ze technologie om overbelasting te meten onder de loep Het fascinerende van dit boek is dat je leest over werkelijk alles rond het hardlopen dat ooit wetenschappelijk onderzocht is maar nog fascinerender vind ik dat blijkt dat je gewoon zelf moet gaan lopen om uit te vinden wat voor jou waar is Dolf Jansen Mariska van Sprundel die al jaren voor Runner's World schrijft hield alle loperswaarden nu eens goed tegen het licht Wat is er waar van alles wat lopers denken te weten Met wetenschappers experts zocht ze het uit Een ontzettend leerzaam boek voor elke loper Olivier Heimel hoofdredacteur Runner's World

Running Smart Mariska van Sprundel, 2021-09-14 A science writer and recreational runner explores the science behind popularly held beliefs about shoes injuries nutrition runner's high and more Conventional wisdom about running is passed down like folklore and sometimes contradicts itself the right kind of shoe prevents injury or running barefoot like our prehistoric ancestors is best eat a high fat diet and also carbo load before a race running cures depression but it might be addictive running can save your life although it can also destroy your knee cartilage Often it's hard to know what to believe In **Running Smart** Mariska van Sprundel a science journalist and recreational runner who has had her fair share of injuries sets out to explore the science behind such claims In her quest van Sprundel reviews the latest developments in sports science consults with a variety of experts and visits a sports lab to have her running technique analyzed She learns among other things that according to evolutionary biology humans are perfectly adapted to running long distances even if our hunter gatherer forebears suffered plenty of injuries that running sets off a shockwave that spreads from foot to head which may or may not be absorbed by cushioned shoes and that a good sports bra controls the ping pong like movements of a female runner's breasts She explains how the body burns fuel the best foods to eat before and after running and what might cause runner's high More than fifty million Americans are runners and a slight majority of them are women This engaging and enlightening book will help both novice and seasoned runners run their smartest **Jim Fixx's Second Book of Running** James F. Fixx, 1980 Presents information and advice on the benefits and techniques of running covering training routines equipment diet marathons and other subjects **Beweeg!** Arie Boomsma, 2016-07-08 Let op

Epub3 fixed lay out niet geschikt voor e reader Arie wil iedereen in beweging krijgen om een gezonde en gelukkige levensstijl te ontwikkelen In Beweeg behandelt hij samen met trainers en coaches van zijn eigen Vondelgym de meest gehoorde excuses die mensen hebben om niet in beweging te komen ARIE Veel excuses die in dit boek behandeld worden kwamen ook in mijn hoofd op Moe lange werkdagen druk gezinsleven te veel andere dingen Elk hoofdstuk begint daarom met zo n excuus gevolgd door deskundig advies praktische tips inspirerende praktijkverhalen diverse sportoefeningen van touwtje springen tot supermans en gezonde recepten van smoothies tot salades En als er geen excuses meer zijn zit er nog maar n ding op Bewegen **Internetgids Stamboomonderzoek** , Berichten van je engelen Doreen Virtue,2011-10-09 In Berichten van je engelen legt Doreen Virtue uit dat het bijzonder eenvoudig is om zelf te communiceren met je engelen en vertelt zij hoe je werkelijke engelenadviezen glashelder onderscheidt van je twijfels en angsten Ook biedt zij een bijzonder overzichtelijke stoomcursus om zelf zonder tussenkomst van wie dan ook contact te leggen met engelen dat contact te intensiveren en in liefdevolle verbintenis met de eigen goddelijkheid te staan De aartsengelen Micha l Rafa l Uri l en Gabri l leggen duidelijk en helder uit wat hun specifieke taken zijn waarvoor je een beroep op hen kunt doen En de andere gevleugelde wezens bekend als het kleine volkje of de natuurengelen steken ons een hart onder de riem **Hardlopen met de Pose Methode** ,

Buiten bereik Tim van der Veer,2022-07-06 Een roman over het verzamelen van moed als je kind buiten de sociale norm valt over hardlopen over vertrouwen op jezelf en het verlangen naar stilte Tim krijgt een opdracht van zijn zoon Micha De Zugspitz Ultratrail van honderd kilometer door de bergen Ik wil dat je die voor mij hardloopt Na vele pogingen is het zover Op de dag ervoor gezeten op een terras in Grainau beseft Tim de pijn en eenzaamheid die Micha moet voelen louter doordat hij afwijkt van de sociale norm Hij begint zijn zoon te vertellen over vertrouwen en verraad dartpijltjes en vissen woede en stilte hardlopen en het lot van hun familie Boven alles hoopt hij dat ondanks de omgeving die hun bijzondere eigenschappen vaak als beperkingen ziet Micha de moed weet op te brengen buitengewoon zichzelf te zijn *Alles over zwangerschap, bevalling en kraamtijd* Marlies Koers,2024-06-06 Na de bestseller Dagboek van een verloskundige nu ook het handboek met alles wat je wilt weten over zwangerschap bevalling en kraamtijd Het is een van de meest bijzondere periodes in een mensenleven van twee streepjes op de zwangerschapstest zien tot het moment dat je voor het eerst de geur van je kind kunt opsnuiven Deze fase de zwangerschap de bevalling en ook de kraamtijd is niet alleen levensveranderend voor de zwangere aanstaande moeder maar ook voor haar partner Verloskundige Marlies Koers zelf net moeder geworden is er na jaren praktijkervaring van overtuigd dat het samen beleven van deze periode niet alleen fijn is maar ook bijdraagt aan de gezondheid en de ontwikkeling van de baby Alles over zwangerschap bevalling en kraamtijd staat boordevol betrouwbare informatie handige lijstjes en anekdotes uit Marlies praktijk Ook het belang van de eerste duizend dagen vanaf het moment van conceptie komt uitgebreid aan bod Een prettige en liefdevol geschreven wegwijzer die ervoor zorgt dat ouders deze periode samen beleven Marlies Koers is de bekendste schrijvende verloskundige van Nederland en schreef eerder over haar

belevissen in de verloskundige praktijk de bestsellers Dagboek van een verloskundige en em Sorry dat ik je wakker bel em Ze studeerde in 2013 af aan de Verloskunde Academie Groningen Ze werkt met vier collega s in een middelgrote praktijk in Deventer Marlies gelooft dat een goede voorbereiding zorgt voor een gezonde zwangerschap en dat je daardoor beter bevalt Ze draagt hier graag een steentje aan bij door haar kennis en ervaring te delen door te inspireren en betrouwbare voorlichting te geven Ook organiseert zij thema avonden workshops en symposia op het gebied van verloskunde **Een nieuwe start op Futtingbrook Farm** Nicola May, 2023-08-16 Een boerderij vijf gekke collega s en een schuur vol geheimen in de heerlijke feelgoodroman Een nieuwe start op Futtingbrook Farm van Nicola May Een nieuwe start op Futtingbrook Farm is een heerlijke feelgoodroman van Nicola May auteur van de populaire Cockleberry Bay en Ferry Lane series Misdaadschrijver August keert na een verbroken verloving terug naar het landelijke Wiltshire Ze heeft een writer s block en om haar flow weer terug te krijgen besluit ze een werkplek te huren in een omgebouwde schuur Daar treft ze een slecht uitgeruste gym smakeloze catering en een bonte stoet andere huurders genoeg inspiratie voor haar boek Ook de knappe maar grillige Max de eigenaar van het pand trekt haar aandacht Waarom doet hij zo geheimzinnig en wat heeft hij te verbergen

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