



Workout

12:36

Indoor Walk
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Outdoor Run
8 x 400m Repeats



Apple Watch For Running

Greg Hoffman



Apple Watch For Running:

Running with Power: The Basics Steve Bateman, 2024-03-22 Is power the next great running metric Power which measures your effort how hard you're running is becoming more popular All of the major running watch manufacturers include wrist based power in their new models and the number of runners using power in the World Marathon Majors has doubled every year since 2016 Running with Power isn't just a trend it can make a real difference to your training and racing Run your Personal Best based on your measured fitness not just a hopeful finish time Maximise your training gains while minimising injury risk Improve your fatigue resistance to run harder for longer Measure the effectiveness of drills plyometrics or strength work What's in the book Running with Power is based on decades of research and practice packaged as a set of powerful models and metrics that can be used to guide your training and racing more effectively than Heart Rate or Pace Written by an England Athletics certified coach who's been using power since 2018 this book covers each aspect of Running with Power using straightforward language and an easy to follow structure If you want to use a science backed metrics based individualised approach to training and racing Running with Power is for you And if you're looking for a practical experience based guide for how to Run with Power this book can be that guide 7 July 2024 NO major content changes this update fixes errata and formatting adds scannable QR codes and refreshes the cover

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The Running Athlete Gian Luigi Canata, Henrique Jones, Werner Krutsch, Patricia Thoreux, Alberto Vascellari, 2022-04-22 This book explores running in a broad range of sport disciplines providing a full spectrum coverage on this extremely important and commonly diffused activity The volume opens with basic information such as biomechanics physiology training principles nutrition and then presents discipline specific aspects of running in several individual and team sports Each chapter is structured organically to offer a uniform and thorough information For each sport the authors examine biomechanical physiological and training specificities as well as injury epidemiology and preventive measures Filling a gap in literature this book appeals not only to sports physicians orthopaedic surgeons trainers coaches fellows and researchers but also to athletes in the various disciplines Written in collaboration with ESSKA it provides a useful toolkit to those readers interested in the state of the art update on the running athlete

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