

## 14 Minutes A Running Legends Life And Death Alberto Salazar

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[Once a Runner](#) Rodale

Brant re-creates the tense drama of the 1982 Boston Marathon and the powerful forces of fate that drove runners Alberto Salazar and Dick Beardsley in the years afterwards.

[Running to the Edge](#) Penguin

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.

[In It for the Long Run](#) Springer

From a two-time Olympic coach and creator of the Pose Method who has trained the running elite, an essential guide for all runners seeking to go faster and farther without injury Christopher McDougall's *Born to Run*—and the wildly popular natural running trend it sparked—changed the way we think about running, but it has also prompted many questions: Have we been running the wrong way? And, have we been running in the wrong kind of shoe? What is the safest type of foot strike? How many types are there? And what is a foot strike anyway? No existing guide has clearly addressed these concerns—until now. *The Running Revolution* provides both beginning and experienced runners with everything they need to know in order to safely and efficiently transition to and master a safer and more biomechanically efficient way of running that is guaranteed to improve performance and minimize wear and tear on the body. More than a one-size-fits-all guide, *The Running Revolution* provides readers with clear instructions, complete with helpful illustrations, that they can easily integrate into their unique running histories in order to run safely, intelligently, and efficiently for many years to come.

Sub 4:00 Simon and Schuster

The undisputed classic of running novels and one of the most beloved sports books ever published, *Once a Runner* tells the story of an athlete's dreams amid the turmoil of the 60s and the Vietnam war. Inspired by the author's experience as a collegiate champion, the novel follows Quenton Cassidy, a competitive runner at fictional Southeastern University whose lifelong dream is to run a four-minute mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school's athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history. A rare insider's account of the incredibly intense lives of elite distance runners, *Once a Runner* is an inspiring, funny, and spot-on tale of one individual's quest to become a champion.

[Running with the Buffaloes](#) McGraw Hill Professional

Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, *No Meat Athlete* is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: - Weight loss, which often leads to increased speed- Easier digestion and faster recovery after workouts- Improved energy levels to help with not just athletic performance but your day-to-day life - Reduced impact on the planet Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. *No Meat Athlete* will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way.

[50 Marathons 50 Days](#) Rowman & Littlefield

\*\*\*Updated and expanded new edition\*\*\* An Updated, Interactive Guide to Take Your Running to the Next Level With 20 years of running and competing around the world under her belt, Krissy Moehl is a top female ultramarathon runner, respected by her peers and an inspiration to runners everywhere. With enhanced chapter information, quotes from pillars in the sport and her updated training plans—including write-in running logs to keep track of progress—you'll be able to train for your first ultra like a pro. Moehl's experience translates into the most effective and easy-to-follow training method, broken down into phases to help all runners take it to the next level and accomplish their goals. She will guide you on everything from choosing the right race for you to injury prevention and picking the right gear. She also shares her love of the sport by providing helpful tips, bonus content and personal stories. With this book, you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon!

[The Best American Sports Writing 2012](#) Houghton Mifflin Harcourt

*Runner's World* magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

[Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-Mile Race](#) Houghton Mifflin Harcourt

Presents essays about sports chosen from magazines and newspapers published in 2012, on topics ranging from bullfighting to basketball, baseball, and boxing.

[Body by Science](#) Vintage

In 1967, Kathrine Switzer was the first woman to officially run what was then the all male Boston Marathon, infuriating one of the event's directors who attempted to violently eject her. In what would become an iconic sports image, Switzer escaped and finished the race. This was a watershed moment for the sport, as well as a significant event in women's history. Including updates from the 2008 Summer Olympics, the paperback edition of *Marathon Woman* details the life of an incredible, pioneering athlete, and the lasting effect she's had on women's sports. Switzer's energy and drive permeate the pages of this warm, witty memoir as she describes everything from the childhood events that inspired her to succeed to her big win in the 1974 New York City Marathon, and beyond.

[Runner's World Run to Lose](#) Simon and Schuster

In this exciting adventure mixed with amazing scientific study, a young, exuberant explorer and geoscientist journeys deep into the Amazon—where rivers boil and legends come to life. When Andrés Ruza was just a small boy in Peru, his grandfather told him the story of a mysterious legend: There is a river, deep in the Amazon, which boils as if a fire burns below it. Twelve years later, Ruza—now a geoscientist—hears his aunt mention that she herself had visited this strange river. Determined to discover if the boiling river is real, Ruza sets out on a journey deep into the Amazon. What he finds astounds him: In this long, wide, and winding river, the waters run so hot that locals brew tea in them; small animals that fall in are instantly cooked. As he studies the river, Ruza faces challenges more complex than he had ever imaged. The Boiling River follows this young explorer as he navigates a tangle of competing interests—local shamans, illegal cattle farmers and loggers, and oil companies. This true account reads like a modern-day adventure, complete with extraordinary characters, captivating plot twists, and jaw-dropping details—including stunning photographs and a never-before-published account about this incredible natural wonder. Ultimately, though, *The Boiling River* is about a man trying to understand the moral obligation that comes with scientific discovery—to protect a sacred site from misuse, neglect, and even from his own discovery.

[The Power of Now](#) "O'Reilly Media, Inc."

The story of visionary American running coach Bob Larsen's mismatched team of elite California runners who would win championships and Olympic glory in a decades-long pursuit of "the epic run." In the dusty hills above San Diego, Bob Larsen became America's greatest running coach. *Running to the Edge* is a riveting account of Larsen's journey, and his quest to discover the unorthodox training secrets that would lead American runners to breakthroughs never imagined. Futterman interweaves the dramatic stories of Larsen's runners with a fascinating discourse on the science behind human running, as well as a personal running narrative that follows Futterman's own checkered love-affair with the sport. The result is a narrative that will speak to every runner, a story of Larsen's triumphs—from high school cross-country meets to the founding of the cult-favorite, 70's running group, the Jamul Toads; from his long tenure as head coach at UCLA to the secret training regimen of world champion athletes like Larsen's protégé, Meb Keflezighi. *Running to the Edge* is a page-turner . . . a relentless crusade to run faster, farther.

[The Boiling River](#) Fair Winds Press (MA)

A sober alcoholic documents his 18-month effort to run marathons in the cities where he once lived and engaged in abusive behaviors, assessing the redemptive benefits of running and the stories of fellow addicts who pursued similar dreams. 25,000 first printing.

[Marathon Woman](#) Simon and Schuster

14 Minutes Rodale Books

[Marathon Man](#) U of Nebraska Press

*Running* burns an incredible amount of calories, making it one of if not the most effective weight loss strategies around. And running is accessible to nearly everyone all over the world. This book provides the information you need to begin running for weight loss as well as the tools to stay on track. *Runner's World Run to Lose* will serve the seasoned athlete as well as the couch surfer, offering guidance on matters like how to strike a balance between getting enough nutrients to fuel workouts while cutting enough calories to meet weight loss goals, how to time calorie-and-nutrient intake to maximize workout power and recovery time, and how to get the highest-quality/lowest-calorie carbs to fuel workouts, among other invaluable tips.

[Kings of the Road](#) Rodale Books

Top five Best Books About Running, *Runner's World Magazine* Top three Best Books About Running, readers of *Runner's World Magazine* (December 2009) A phenomenal portrait of courage and desire that will do for college cross-country what John Feinstein's *A Season on the Brink* did for college basketball.

[No Meat Athlete](#) Crystal Clarity Publishers

Provides a close-up portrait of champion runner Alan Webb, who in 2001, broke a thirty-six-year-old record by running the fastest mile in history, describing his efforts to stay focused despite life's many demands.

[Running Through the Ages, 2d ed.](#) Rodale

Chronicles the golden age of running in the 1970s by looking at the lives, careers, and achievements of three famous runners who inspired sedentary Americans to start moving.

[Pre](#) Da Capo Press

A revised edition of the ultimate week-by-week training journal for runners of all abilities—from the top experts in the sport *Runner's World Training Journal* - by the Editors of *Runner's World* - provides the perfect framework to help every kind of runner, from fitness joggers to competitive racers, track a year's worth of runs. This updated and revised version includes the latest tips, advice, and motivation from the pros to keep runners going all year long. With space for recording daily routes, mileage, times, and notes—s well as weekly doses of information on training, nutrition, and injury prevention—eaders can track their progress as they achieve their running goals, whether they seek better aerobic conditioning, weight loss, or world records. The only runner's training journal with full-color photos throughout and top-notch tips from the experts at *Runner's World*, this handsomely redesigned journal provides: •

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Smear-proof paper and a handy spiral binding for ease of use • A mple space for readers to record facts about each day's run—including route, distance, time, and cross-training—and to note how they felt at the time • A Week-at-a-Glance feature that helps runners summarize their weekly training quickly and easily • Advice for runners on how to analyze their data and set new goals for the next year

**Python Data Science Handbook** Vertebrate Publishing

The former marathon runner details his unlikely victory in the 1975 Boston Marathon, his rise to the top of the racing world, and his role in sparking the modern running boom that exists today.

**Runner's World Training Journal** 14 Minutes

We Can't Run Away From This, the new book by bestselling author Damian Hall, is now available for pre-order. In It for the Long Run is ultrarunner Damian Hall's story of his Pennine Way record attempt in July 2020. In July 1989, Mike Hartley set the Fastest Known Time (FKT) record for the Pennine Way, running Britain's oldest National Trail in a little over two days and seventeen hours. He didn't stop to sleep, but did break for fifteen minutes for fish and chips. Hartley's record stood for thirty-one years, until two attempts were made on it in two weeks in the summer of 2020. First, American John Kelly broke Hartley's record by less than an hour, then Hall knocked another two hours off Kelly's time. Hall used his record attempt to highlight environmental issues: his attempt was carbon negative, he used no plastics, and he and his pacing runners collected litter as they went, while also raising money for Greenpeace. A vegan, Hall used no animal products on his attempt. Scrawled on his arm in permanent marker was 'FFF', signifying the three things that matter most to him: Family, Friends, Future. Packed with dry wit and humour, In It for the Long Run tells of Hall's four-year preparation for his attempt, and of the run itself. He also gives us an autobiographical insight into the deranged world of midlife crisis ultramarathon running and record attempts.