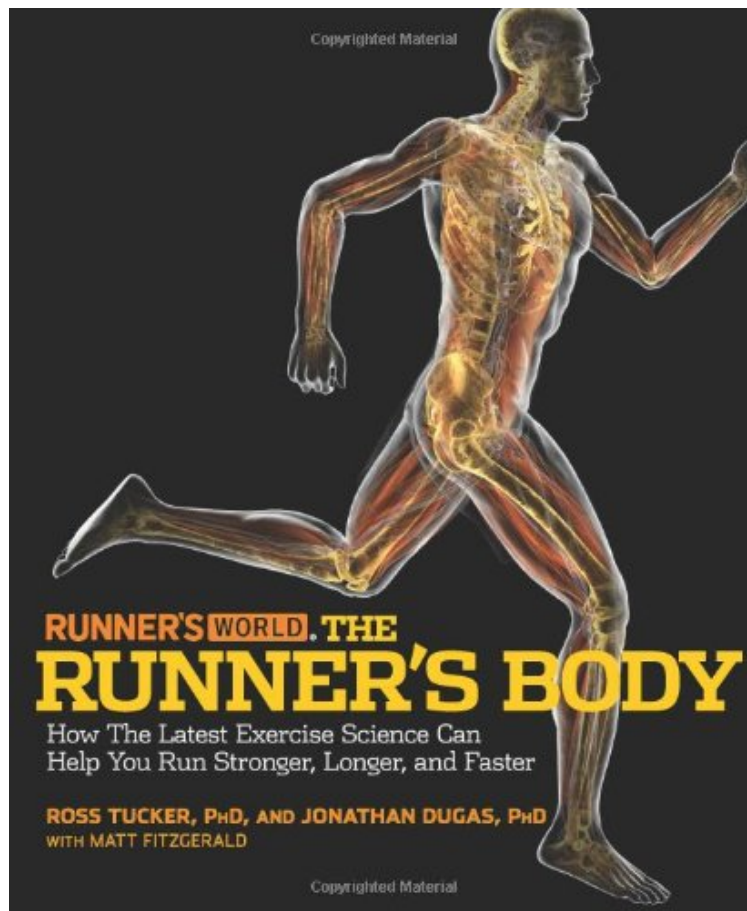


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Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster

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#648676 in Books Tucker, Ross, Ph.D./ Dugas, Jonathan, Ph.D./ Fitzgerald, Matt 2009-05-12 2009-05-12 Original language: English PDF # 1 9.10 x .3 x 7.47l, .95 #File Name: 1605298611288 pages | File size: 33.Mb

Ross Tucker, Jonathan Dugas, Matt Fitzgerald : Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster before purchasing it in order to gauge whether or not it would be worth my time, and all praised Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster:

23 of 23 people found the following review helpful. Science Driven Training Theory and Practice By Jerry Cagle A fantastic resource for the science-oriented runner. Lies strongly toward the left on the spectrum between peer-reviewed journal and popular press. No bibliography and no citations are a definite weakness. The material is presented in a logical fashion and is readable for someone who isn't accustomed to the peer-reviewed journal format (most people). Challenges many of our cherished beliefs regarding proper training, nutrition, recovery, etc. If you're looking for a

day-by-day training guide this isn't it, but if you want to know what the current research shows about training principals, this is for you. 34 of 34 people found the following review helpful. Great Book By J. Schneider I think this is a good book for the athlete who is interested in the science behind the training. This book is not for someone looking for a basic training program. It is for the person who wants to know about all the physiological processes involved in running on the cellular level and why things work the way they do. 0 of 0 people found the following review helpful. Insight into what happens when you run and why By JoI don't run great distances or at any great speed. I basically run to keep fit and feel happy if I can manage to run 3 times a week. I love running but am not obsessed about PB's or any specific nutritional plans etc. I do like to understand what happens to my body when I run, though. The authors are all runners as well as sports scientists of one sort or another. This is a very good book for anyone who wants to gain an insight into the the science of running. The authors discuss adaptation and issues like VO2 max in a way that is easily understandable. The physiology associated with running is also discussed in an interesting way. The last chapter looks at ageing and running. However, this last chapter ends rather abruptly. I was surprised that this was the end of the book. Definitely buy this book if you run and want to know more about the science of running. I would recommend this to anyone who runs and who wants to understand the mechanisms of running.

Every day scientists learn more about how the body adapts to the stress of running and how various body systems contribute to running performance. Leading the charge is a fresh generation of brilliant young exercise physiologists including Ross Tucker and Jonathan Dugas, whose work has demolished many long-standing beliefs about running. Now Tucker and Dugas, whose blog, Science of Sport, has already created a devoted readership, join with esteemed fitness author Matt Fitzgerald to provide a captivating tour of the human body from the runner's perspective. Focusing on how runners at all levels can improve their health and performance, *Runner's World The Runner's Body* offers in a friendly, accessible tone, the newest, most surprising, and most helpful scientific discoveries about every aspect of the sport from how best to nourish the runner's body to safe and legal ways to increase oxygen delivery to the muscles. Full of surprising facts, practical sidebars, and graphical elements, *The Runner's Body* is a must-have resource for anyone who wants to become a better and healthier runner.

About the Author ROSS TUCKER, PHD, serves as scientific editor of *Runner's World South Africa*, a consultant technical expert with Adidas South Africa, and editor of Health 24, South Africa's largest fitness- and health-related Web site. Tucker, a competitive runner himself, lives in Cape Town, South Africa. JONATHAN DUGAS, PHD, holds a post-doctoral fellowship with the University of Chicago. He is the cocreator, with his colleague Ross Tucker, of the popular Science of Sport blog. A qualified USA Cycling coach, he lives in Chicago. MATT FITZGERALD is a prolific health and fitness journalist. He writes regularly for such national publications as *Men's Fitness*, *Men's Health*, *Runner's World*, and *Triathlete*. With nine books to his credit, he also creates interactive training programs for runners and triathletes and leads clinics at triathlon and running events throughout the U.S. He lives in Northern California.