



Distance Runner

**American Association for Health,
Physical Education, and Recreation**



Distance Runner:

The Long Distance Runner's Guide to Injury Prevention and Treatment Brian J. Krabak, Grant S. Lipman, Brandee L. Waite, 2017-10-03 For any runner who loves hitting the pavement and conquering half full and ultra marathons getting injured is a terrifying and often heartbreaking setback Yet almost three quarters of long distance runners will suffer from a serious injury several times in their athletic career Although it may be impossible to completely avoid injury The Long Distance Runner's Guide to Injury Prevention and Treatment is a vital source to help those who love to run understand some of the most common causes of injuries and learn how to best avoid and treat athletic ailments In this book expert editors and long time runners Brian Krabak and Grant Lipman combine valuable insights tips and tactics from over a dozen medical professionals who specialize in treating endurance athletes With chapters on important and diverse topics such as proper nutrition muscular ailments skeletal injuries medical illnesses caused by racing and proper recovery The Long Distance Runner's Guide to Injury Prevention and Treatment is a must have on the shelf of every harrier

The Ultimate Distance Runner's Strength Program Chris Johnson, 2012-01-25 The Ultimate Distance Runner's Strength Program is your guide to strength training for distance runners

The Longest Race Ed Ayres, 2013-08-20 Chronicles the author's running of the iconic JFK fifty mile ultramarathon while also examining the author's thoughts about how the skills necessary for marathon running can also be applied to the human race's survival on the planet

Grateful Running Grayson T. Kimball, 2010 The 26.2 miles that comprise every marathon course is the ultimate test of physical and mental endurance While runners spend countless hours training their bodies for the rigors of the marathon they often unintentionally neglect the psychological aspect of their training Conditioning the mind to think for success can ultimately decide a runner's fate on marathon day Grateful Running provides unique and proven mental toughness training strategies designed to help runners realize their potential overcome perceived limitations handle adversity and embrace the challenge of the marathon

From back cover [Ground Reaction Forces and Centers of Pressure for a Female Distance Runner](#) Sandra Lee Gregorich, 1991

The Loneliness of the Long-Distance Runner Alan Sillitoe, 2016-04-19 Nine classic short stories portraying the isolation criminality morality and rebellion of the working class from award winning bestselling author Alan Sillitoe The titular story follows the internal decisions and external oppressions of a seventeen year old inmate in a juvenile detention center who is known only by his surname Smith The wardens have given the boy a light workload because he shows talent as a runner But if he wins the national long distance running competition as everyone is counting on him to do Smith will only vindicate the very system and society that has locked him up The Loneliness of the Long Distance Runner has long been considered a masterpiece on both the page and the silver screen Adapted for film by Sillitoe himself in 1962 it became an instant classic of British New Wave cinema In Uncle Ernest a middle aged furniture upholsterer traumatized in World War II now leads a lonely life His wife has left him his brothers have moved away and the townsfolk treat him as if he were a ghost

When the old man finally finds companionship with two young girls whom he enjoys buying pastries for at a caf the local authorities find his behavior morally suspect Mr Raynor the School Teacher delves into a different kind of isolation that of a voyeuristic teacher who fantasizes constantly about the women who work in a draper s shop across the street When his students distract him from his lustful daydreams Mr Raynor becomes violent The six stories that follow in this iconic collection continue to cement Alan Sillitoe s reputation as one of Britain s foremost storytellers and a champion of the condemned the oppressed and the overlooked This ebook features an illustrated biography of Alan Sillitoe including rare images from the author s estate

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