



Modern Training and Physiology for Middle and Long-Distance Runners

By John Davis

Running Writings. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 8.4in. x 5.4in. x 0.5in. Planning your training schedule for high school and college running is a daunting task, whether you are a coach or a young runner yourself. What should your weekly workouts look like How much mileage should you run How do you ensure that you are on the right track for long-term development Modern Training and Physiology for Middle and Long-Distance Runners answers these questions and many others. It is a short but detailed explanation of the practical aspects of exercise physiology and modern coaching, including energy systems, the aerobic and anaerobic thresholds, VO2 max, running economy, muscle fibers, and more. In addition, it covers how these ideas inform both your day-to-day workouts and the underlying philosophy that forms the foundation of your training program. To become a better runner, you need to apply your own knowledge of training principles, tailoring your workouts to improve your strengths, bolster your weaknesses, and ultimately take your racing to new heights. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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