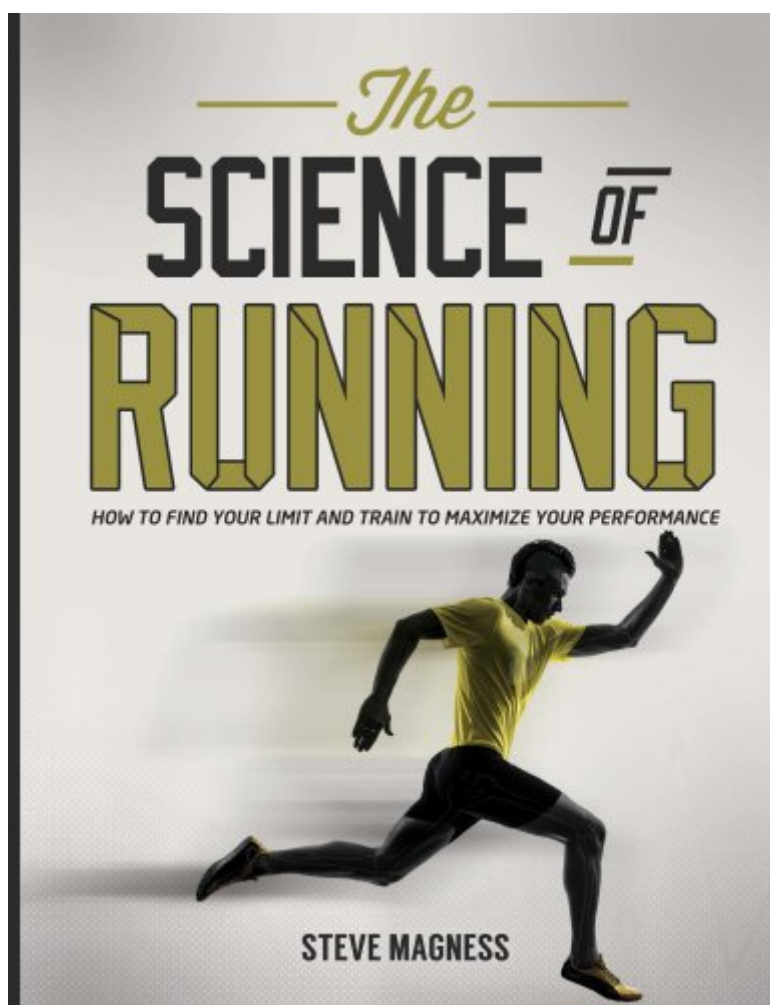


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# The Science Of Running: How To Find Your Limit And Train To Maximize Your Performance



## Synopsis

Reviews of The Science of Running:"The Science of Running sets the new standard for training theory and physiological data. Every veteran and beginner distance coach needs to have this on their book shelf."-Alan Webb American Record Holder-Mile 3:46.91 "For anyone serious about running, The Science of Running offers the latest information and research for optimizing not only your understanding of training but also your performance. If you want to delve deeper into the world of running and training, this book is for you. You will never look at running the same."-Jackie Areson, 15th at the 2013 World Championships in the 5k. 15:12 5,000m best If you are looking for how to finish your first 5k, this book isn't for you. The Science of Running is written for those of us looking to maximize our performance, get as close to our limits as possible, and more than anything find out how good we can be, or how good our athletes can be. In The Science of Running, elite coach and exercise physiologist Steve Magness integrates the latest research with the training processes of the world's best runners, to deliver an in depth look at how to maximize your performance. It is a unique book that conquers both the scientific and practical points of running in two different sections. The first is aimed at identifying what limits running performance from a scientific standpoint. You will take a tour through the inside of the body, learning what causes fatigue, how we produce energy to run, and how the brain functions to hold you back from super-human performance. In section two, we turn to the practical application of this information and focus on the process of training to achieve your goals. You will learn how to develop training plans and to look at training in a completely different way. The Science of Running does not hold back information and is sure to challenge you to become a better athlete, coach, or exercise scientist in covering such topics as:

- What is fatigue? The latest research on looking at fatigue from a brain centered view.
- Why VO2max is the most overrated and misunderstood concept in both the lab and on the track
- Why "zone" training leads to suboptimal performance.
- How to properly individualize training for your own unique physiology.
- How to look at the training process in a unique way in terms of stimulus and adaptation.
- Full sample training programs from 800m to the marathon.

## Book Information

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## Customer Reviews

FYI - I am a doctor (Family Practice) with 13 years of clinical experience, but I am relatively new to long-distance running (only 9 months). I am currently training for my first 1/2 marathon, and I've recently expanded my practice to include common runners' injuries. This book is a very thorough and comprehensive review of the physiology and biomechanics regarding running. It is a technical text, best suited for those with at least a bachelor's degree or higher in biology or hard sciences. That said, I've enjoyed reading it, and it has enriched my knowledge base - I feel that I will be a better runner (and a better doctor for runners) as a result.

Steve does a great job of explaining why training works for some athletes and not for others. A part of me wishes I would have had this information years ago, but at the same time I am not sure if I could have fully grasped the information without these experiences. This book is for the runner who has a vested interest in their running... or has ran competitively in the past and is now coaching other athletes. I think it's important for the reader of this book to have experienced the ups and downs of training themselves. I think it would be hard to deeply understand the information in this book if you have not experienced competitive training yourself. In college I was very lucky to train with Olympians, high school phenoms, and the blue-collar runner who worked their way up the team. I was always fascinated by how a group that contained so much talent, often only had a

handful that reached the top. We all did the same training and some even trained harder, but not everyone improved at the same rates. The Science of Running does a great job of explaining this dilemma. Why do some countries dominate in particular events. The East-Africans in the marathon, the Jamaicans in sprinting. At the elite level athletes are all working their tails off, but not everyone is responding the same to training. Those that reach their genetic potential have found what works for them. For these athletes if they were under a different "system" of training they might not be at the level they have reached under their current training system. The Science of Running does a great job of explaining this dilemma. The act of running is so simple. Get a pair of shoes and head out the door. But if it's so simple, why is it so hard to pinpoint what is "successful" training. There are a million ways to approach training and there is no cookie cutter program that is the perfect answer. The Science of Running does a great job of explaining this dilemma. The Science of Running does a great job of explaining many things and combining it with real life experiences will allow you to be able to take your running or those you coach to a new level.

The science in this book states that we don't know much about running! Science always pushing butts forward, literally in this case. Nevertheless, the literature review on fatigue was entertaining. Nice to meet you fatigue! I can feel you better now, doing my best to tolerate you. After science comes training, and it was mind blowing for a curious, not serious, runner. Hands up homeostasis, we are having a daily fight!

This is a decent book, not a great one. This reads like a good second or third draft, not a finished product. There are typos and grammatical errors throughout the book. The most annoying thing is that the author frequently introduces concepts or acronyms without first defining them or explanation. With that said it is a book that I will study more on the future. His command of the literature and the science behind running is very rare and a welcome addition to the all the fluff out there in books, magazines, and the Internet. This book is for the very serious runner or coach. It is not intended for a casual audience. I'm glad I have it on my shelf but it is in dire need of a good editor.

For sure, the greatest compilation of runners knowledge I've found on the general subject. From the 400m sprinter to the marathon runner, this book digs deep. First, it delves headfirst into the scientific concepts of running and basic kinesiology in the sport. Digging deep into the physiological process your body goes through from mile one to mile twenty+ between activating muscle fibers to pulling

glycogen from the muscles, the marginal increase of muscle fatigue, etc... A bit of a read for someone uneducated in the subject such as myself, but read at a slower pace, soak in the information and take notes and it becomes less overwhelming. Second section is the training portion. First going into philosophy, theory and application then helping tailor a periodized training routine based on your own individual needs. It helps put perspective and focus on one's end goals and helps create a system in which you can attain those goals. Not simply by stating "Do X on Monday and Y on Wednesday for Z amount of weeks, invariably", no it goes deeper than that into theory and the application thereof to assist in developing a regimen specific to one's own needs. This is a great book and I will soon be utilizing it to create a new training regimen and hopefully be on my way to running a full marathon and even ultra's next year (not coming from a couch potato of course).

This is an excellent book. The background information compliments the training section very well. The training section seems to be very up to date, cutting edge. The training plans are a breath of fresh air compared to some of the more traditional running books which may be starting to look a bit dated at this stage. I think people who follow these plans or tailor them to their own needs (which should be manageable thanks to the detail in the book) will have good results. I have many, many running books, but this one has been a real breath of fresh air, I am delighted with it. The only gripe I would have is it should have been edited to remove typos and improve readability.

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