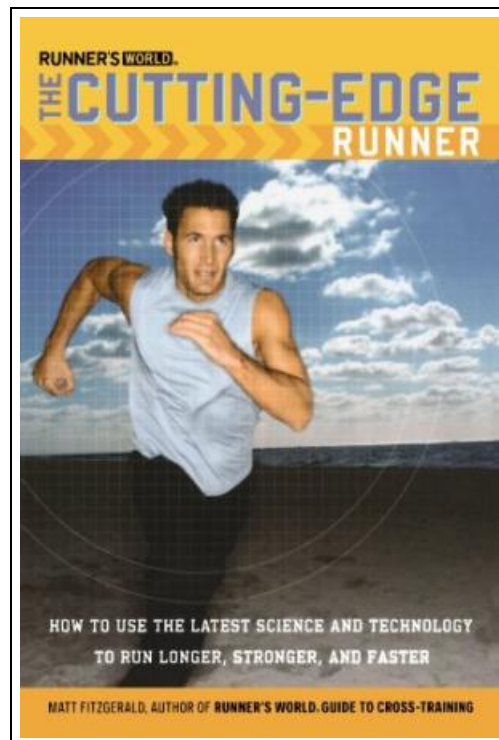


The Runners World Cutting-Edge Runner: How to Use the Latest Science and Technology to Run Longer, Stronger, and Faster



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Reviews

This kind of publication is every little thing and taught me to looking ahead of time and a lot more. It is packed with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Ida Herman)

THE RUNNERS WORLD CUTTING-EDGE RUNNER: HOW TO USE THE LATEST SCIENCE AND TECHNOLOGY TO RUN LONGER, STRONGER, AND FASTER

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- o A comprehensive overview of how the best competitive runners train today--covering such topics as periodization, physiological testing, group training, technique work, cross-training, recovery techniques, and individual customization
- o In-depth discussions of equipment and other technologies that can benefit the runner, including shoes, orthotics, heart rate monitors, altitude tents, training software, and more
- o A complete menu of workouts for milers to marathoners

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