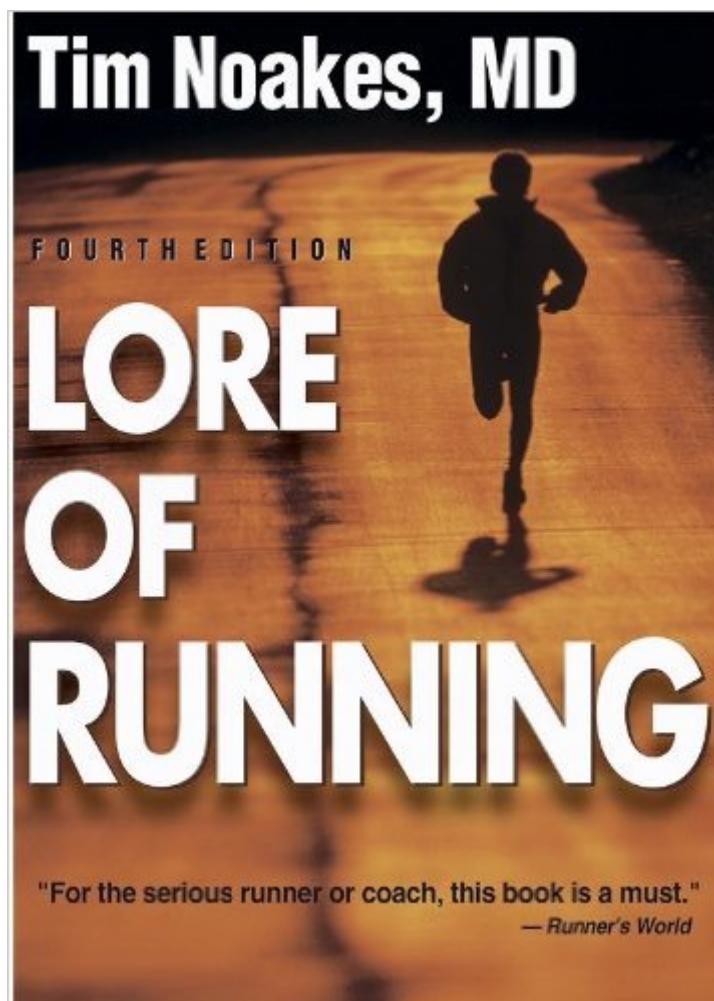


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## Lore Of Running, 4th Edition



## **Synopsis**

Lore of Running gives you incomparable detail on physiology, training, racing, injuries, world-class athletes, and races. Author Tim Noakes blends the expertise of a physician and research scientist with the passion of a dedicated runner to answer the most pressing questions for those who are serious about the sport:-How your body systems respond to training, the effects of different training methods, how to detect and avoid overtraining, and genetic versus trainable potential-How to train for the 10K up through ultramarathon with detailed programs from Noakes and several leading running experts-How to prevent and treat injuries, increase your strength and flexibility, and use proper nutrition for weight control and maximum performance You'll also find a candid analysis of supplements and ergogenic effects and training aids. The book includes new interviews with 10 world-class runners who share their secrets to success and longevity in the sport. Features on legendary figures and events in running history provide fascinating insights. And that's just scratching the surface. Lore of Running is not only the biggest and best running publication on the planet. It's the one book every runner should own.v

## **Book Information**

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## **Customer Reviews**

I think it is important that readers understand precisely what this 931-page book IS, and what it is not. Dr Noakes is a trained physician, a professor of exercise science, and a highly published researcher in the field of exercise physiology. His meticulously researched book (the online references occupy over 100 pages) offers an authoritative compilation of the latest and best

research to guide the intelligent coach or self-coached runner in the structuring of productive and safe training regimens. For those who lack a PhD in physiology but still want to understand WHY they should perform specific types of training, based on current research, this book is simply unsurpassed. If all you want is a "table" of training prescriptions with no grounding in research or explanation of validity, then look elsewhere: this book is not for you. In my opinion, Dr Noakes has done an excellent job of extracting results from current research and translating them from the highly specialized language of sports physiology into language that the intelligent layperson can understand. Indeed, I found the book pitched at a slightly less technical level than the popular competitor by Martin and Coe---a book I have also found to be invaluable. Perhaps the most interesting feature of the Fourth Edition is Noakes' unapologetic challenge of THE prevailing paradigm in distance running; he questions the widely accepted belief that an individual's VO<sub>2</sub> max, or maximal oxygen uptake figure, is the key limiting factor in distance running performance.

I have been reading about running for the past couple of years--probably more than I ought to. I came upon this book recently in the library (most of my reading is online!) and upon poring through its pages have realized that a lot of what I've read either came from this book, or this book has a lot of what I've read in it. Noakes has written this tome relying upon the best science we have for running with all of its available studies. He bases his conclusions and statements on journal articles where possible and where not does not go overboard in conjecture. He is an accomplished marathoner and ultra marathoner and in his practice has treated a lot of runners. Go ahead and buy any book on running. It will have a section on nutrition with the basics that we all know. Contrast with the nutrition section in this and it's actually worth reading; he spends many pages on such details as the proper sodium levels in a beverage, the amount of liquid we need to drink while exercising (not the vague catch-all of "drink as much as you sweat"). His guides on injury and footware are the best researched I've found anywhere. This is not just the best book on running I've seen, it's the best book by far. I slight this book in two areas: 1) Injury treatment seems to be really slanted substantially toward footwear and orthotics. Now, there may be a reason for that I'm not aware of, and he does give time to exercises and "holistic" approaches for injury prevention, including training the hips for, say, a knee problem and not just the feet, but I would have just preferred a bit more. 2) Running technique.

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