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Brain Training For Runners: A Revolutionary New Training System to Improve Endurance, Speed, Health, and Results

A REVOLUTIONARY NEW TRAINING SYSTEM
TO IMPROVE ENDURANCE,
SPEED, HEALTH, AND RESULTS

Brain Training for Runners

Use your brain to
get the most out of your body.

TrainingPeaks Coach and Author of
Triathlete Magazine's Complete Triathlon Book

Matt Fitzgerald

Foreword by Time Noakes, M.D., author of *Lore of Running*

Par Matt Fitzgerald

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Description : Description du produitBased on new research in exercise physiology, author and running expert Matt Fitzgerald introduces a first-of-its-kind training strategy that he's named "Brain Training." Runners of all ages, backgrounds, and skill levels can learn to maximize their performance by supplying the brain with the right feedback. Based on Fitzgerald's eight-point brain training system, this book will help runners: - Resist running fatigue - Use cross-training as brain training - Master the art of pacing - Learn to run "in the zone" - Outsmart injuries - Fuel the brain for maximum performance - And more Packed with cutting-edge research, real-world examples, and the wisdom of the world's top distance runners, Brain

Training for Runners offers easily applied advice and delivers practical results for a better overall running experience.

Presentation de l'auteur
Based on new research in exercise physiology, author and running expert Matt Fitzgerald introduces a first-of-its-kind training strategy that he's named "Brain Training." Runners of all ages, backgrounds, and skill levels can learn to maximize their performance by supplying the brain with the right feedback. Based on Fitzgerald's eight-point brain training system, this book will help runners: - Resist running fatigue - Use cross-training as brain training - Master the art of pacing - Learn to run "in the zone" - Outsmart injuries - Fuel the brain for maximum performance - And more Packed with cutting-edge research, real-world examples, and the wisdom of the world's top distance runners, Brain Training for Runners offers easily applied advice and delivers practical results for a better overall running experience.

Biographie de l'auteur
Matt Fitzgerald is an acclaimed endurance sports and nutrition writer and a certified sports nutritionist. He is the bestselling author of more than a dozen books on running and fitness, including 80/20 Running, Brain Training for Runners, Racing Weight, and Iron War, which was long-listed for the 2012 William Hill Sports Book of the Year. He is a columnist on Competitor.com and Active.com, and has contributed to Bicycling, Mens Health, Triathlete, Mens Journal, Outside, Runners World, Shape, and Womens Health. He lives in San Diego, California.

Tim Noakes, MD, is a South African scientist known for challenging common paradigms of exercise physiology. He espouses the controversial low-carbohydrate, high-fat diet, sometimes called LCHF or even "Tim Noakes." In the early 1990s he co-founded the Sports Science Institute of South Africa. Since 1996, his physiological research has produced more than 370 scientific articles. Noakes took on the sports drink industry with his studies of hyponatremia, and was awarded the International Cannes Grand Prix Award for Research in Medicine and Water on that front. In 2005 he undertook a series of pioneering experiments in the Arctic and Antarctic to understand the full range of human capability in extreme cold, and coined the phrase "anticipatory thermogenesis" in the process.