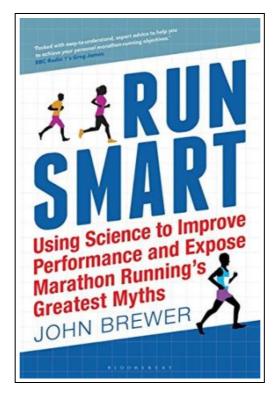
Run Smart: Using Science to Improve Performance and Expose Marathon Running s Greatest Myths (Paperback)



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is full of knowledge and wisdom Its been printed in an exceptionally easy way in fact it is simply after i finished reading this publication by which basically modified me, affect the way i really believe.

(Troy Dietrich DDS)

RUN SMART: USING SCIENCE TO IMPROVE PERFORMANCE AND EXPOSE MARATHON RUNNING S GREATEST MYTHS (PAPERBACK)



Bloomsbury Publishing PLC, United Kingdom, 2017. Paperback. Condition: New. Language: English. Brand New Book. Renowned marathon expert and leading sports scientist Professor John Brewer reveals why many of the concepts surrounding marathon training and running are wrong -- and suggests how the latest sports science research transforms the way marathons should be approached. Run Smart uses the latest scientific research to show how preparing for, and running, marathons can be made easier, and in doing so challenges many of the myths that surround marathon running. The book will draw on the author s experience as one of the UK s leading sports scientists, his extensive research background in marathon running, and his experience as a marathon runner, to provide credible advice to runners to support their preparation for a marathon. The book will challenge many current concepts, myths and ideas, and provide science-based alternatives in areas such as training and nutrition that will optimise and ease a runner s preparation for, and completion of, the 26.2 mile distance. This highly accessible book will use the latest scientific findings to support new runners training for their first marathon and help more experienced athletes improve and train smarter.

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