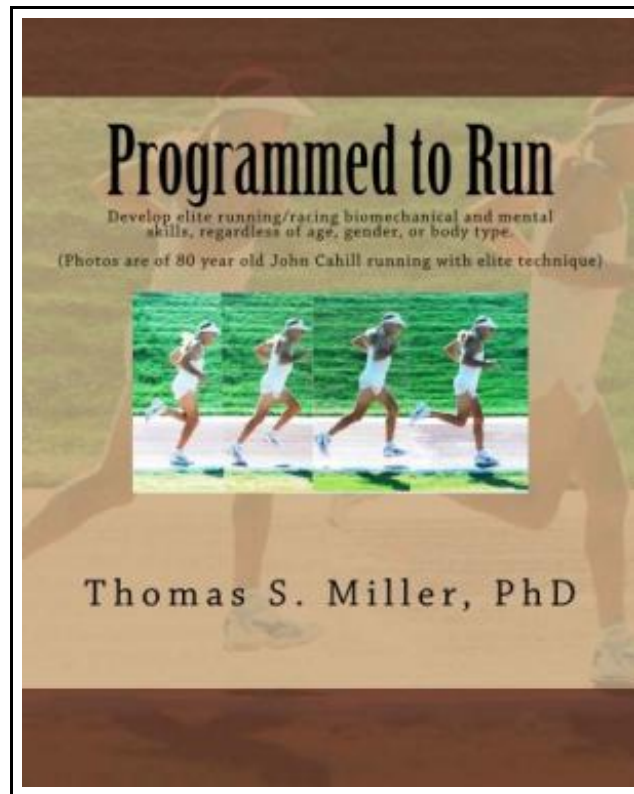


Programmed to Run: Develop Elite Running/Racing Biomechanical and Mental Skills, Regardless of Age, Gender, or Body Type.



Filesize: 9.47 MB

Reviews



The book is not difficult in read through better to recognize. It really is written in straightforward terms instead of confusing. I am happy to inform you that this is actually the finest publication I actually have read in my individual daily life and may be the best book for possibly.

(Valerie Heaney)

PROGRAMMED TO RUN: DEVELOP ELITE RUNNINGRACING BIOMECHANICAL AND MENTAL SKILLS, REGARDLESS OF AGE, GENDER, OR BODY TYPE.



Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 172 pages. Dimensions: 10.0in. x 7.9in. x 0.5in. As a novice 65 years old in his first year of running, our cover runner, John Cahill came to Dr. Miller to learn the physical and mental skills he needed to race a marathon. At 66 in his first marathon he ran a 3: 04. At 72, he ran the same marathon in 3: 05. As he approached 80, he was still running sub-4hr marathons. Now, in his early 90s, John typically runs a 5K nearly every weekend when he is not traveling around the world. In PROGRAMMED TO RUN, Dr. Miller shares how he developed the concepts that led to Johns success and countless other runners. Simply put, your runningracing potential is grounded in your biomechanical and attentional skills, which are intimately related. This book is a guide for the self-coached runner -regardless of sex, age, body type, or ethnicity - to assess, refine, and program optimal running and racing skills, which, as demonstrated by John, can last a lifetime. This book will guide you in programming your mind and body to run with the physical and mental skills that replicate the talents of world class runners. After an analysis of the elements of elite running technique, you will learn how to apply mental skills to help you refine your running style. A discussion of how to cope with the dynamics of race preparation, execution, and evaluation follows. Internalizing these lessons will result in fewer injuries, more effective and consistent training, better racing results, and greater satisfaction and enjoyment in your running. After more than a decade of teaching thousands of runners, my staff, students, and I have concluded that PROGRAMMED TO RUN is the best guide to improving your...

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Relevant PDFs



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Evan-Moor Educational Publishers. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 10.6in. x 8.2in. x 0.3in. Developed by teachers, this curriculum-based series provides practice of important math and reading skills-ideal for providing additional practice at home.

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Creative Teaching Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 8.8in. x 6.4in. x 0.3in. Every day your child is acquiring skills needed for entry into the world beyond family and home. Arrival at school

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Petrucci Library Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 9.6in. x 6.7in. x 0.1in. Otto Taubmanns classic vocal score of Mozarts Coronation Mass was first issued in the early 20th century and has become

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