

WINNING RUNNING

*Successful 800m & 1500m
Racing and Training*

Foreword by Sir Roger Bannister



PETER COE

Winning Running Peter Coe

David Renton



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Winning Running Peter Coe,1996 Training and coaching manual Illus *Winning Running* Peter Coe,2025-04-29

Master the Art of Running Malcolm Balk,Andrew Shields,2015-06-04 Although running is becoming one of the most popular sports learning to run properly can take time energy and consistency You need to do it regularly to become good at it and until you have achieved a certain level of competence it is unlikely that you will enjoy it very much or for very long For many runners physical and mental barriers can stop progress This book s ultimate aim is to help you enjoy to run to enjoy the feeling of movement to overcome inertia to renew yourself and to boost energy as a result Master the Art of Running is based on the proven principles of the Alexander Technique that encourage good body use and greater awareness of the way your body functions and moves The technique teaches you how to release tension from your back and neck and how to run without suffering from injuries The authors perspective on the sport takes them into areas rarely touched on in conventional manuals Instead of placing importance on speed targets and goals it emphasises the importance of the way you run so you can transform your training and performance

Lives; Running David Renton,2012-07-27 David Renton was in his mid teens a country standard middle distance runner He tells the story of how he began to run and of the influence over him of his father s own career as an international standard rower He portrays running as a step towards a world of freedom and describes his father s own attempts to find ideas that would guide his life *Training for the New Alpinism* Steve House,Scott

Johnston,2014-03-11 In *Training for the New Alpinism* Steve House world class climber and Patagonia ambassador and Scott Johnston coach of U S National Champions and World Cup Nordic Skiers translate training theory into practice to allow you to coach yourself to any mountaineering goal Applying training practices from other endurance sports House and Johnston demonstrate that following a carefully designed regimen is as effective for alpinism as it is for any other endurance sport and leads to better performance They deliver detailed instruction on how to plan and execute training tailored to your individual circumstances Whether you work as a banker or a mountain guide live in the city or the country are an ice climber a mountaineer heading to Denali or a veteran of 8 000 meter peaks your understanding of how to achieve your goals grows exponentially as you work with this book Chapters cover endurance and strength training theory and methodology application and planning nutrition altitude mental fitness and assessing your goals and your strengths Chapters are augmented with inspiring essays by world renowned climbers including Ueli Steck Mark Twight Peter Habeler Voytek Kurtyka and Will Gadd Filled with photos graphs and illustrations

XXII Olympiad Roberta Conlon,2015-11-18 The Olympics are meant to be a celebration of sportsmanship and fellowship among nations but they have sometimes fell short of that goal XXII Olympiad the twentieth volume in The Olympic Century series begins with the story of one of the most politicized Games ever held Moscow 1980 In December 1979 the Soviet Union invaded Afghanistan prompting the United States to lead a 65 nation boycott of the Moscow Games In spite of the absence of many of the world s great athletes Moscow

still produced legendary Olympic champions like the great Cuban heavyweight Teofilo Stevenson who became the first boxer to win three consecutive gold medals and the Romanian gymnast Nadia Comaneci who added two golds and two silvers in Moscow to take her personal medal total to 12 The absence of many top athletes also opened the door for others to make history like sprinter Allan Wells who won the first gold medal in the 100 metres for Great Britain since 1924 The book then turns its focus to the 1984 Winter Games of Sarajevo Yugoslavia It profiles the most dominant athlete of those Games Marja Liisa Kirvesniemi of Finland who won all three individual golds in cross country skiing Sarajevo also saw the British ice dancing pair Torvil and Dean post perfect scores for artistic impression in their gold medal performance a feat never duplicated as well as the participation of the first black African Olympic skier Lamine Gueye of Senegal Juan Antonio Samaranch former President of the International Olympic Committee called The Olympic Century e The most comprehensive history of the Olympic games ever publishede

Running to the Edge Matthew Futterman, 2019-06-04 Gripping the narrative is smooth and immediate almost effortless in its detail if occasionally breathless like a good fast run The New York Times Book Review Visionary American running coach Bob Larsen assembled a mismatched team of elite California runners the start of his decades long quest for championships Olympic glory and pursuit of the epic run In the dusty hills above San Diego Bob Larsen became America s greatest running coach Starting with a ragtag group of high school cross country and track runners Larsen set out on a decades long quest to find the secret of running impossibly fast for longer distances than anyone thought possible Himself a former farm boy who fell into his track career by accident Larsen worked through coaching high school junior college and college coaxing talented runners away from more traditional sports as the running craze was in its infancy in the 60 s and 70 s On the arid trails and windy roads of California Larsen relentlessly sought the secret sauce of speed and endurance that would catapult American running onto the national stage Running to the Edge is a riveting account of Larsen s journey and his quest to discover the unorthodox training secrets that would lead American runners elite and recreational to breakthroughs never imagined New York Times Deputy Sports Editor Matthew Futterman interweaves the dramatic stories of Larsen s runners with a fascinating discourse of the science behind human running as well as a personal running narrative that follows Futterman s own checkered love affair with the sport The result is a narrative that will speak to every runner a story of Larsen s triumphs from high school cross country meets to the founding of the cult favorite 70 s running group the Jamul Toads from national championships to his long tenure as head coach at UCLA and from the secret training regimen of world champion athletes like Larsen s prot g American Meb Keflezighi to victories at the New York and Boston Marathons as well as the Olympics Running to the Edge is a page turner a relentless crusade to run faster farther

British Sporting Champions Colin Edwards, 2023-11-10 You do not leave school one day and win an Olympic gold medal the next This book is about 50 sporting champions and how they got started It contains a biography of each followed by their career records It shows in detail their achievements from school youth under 20 under 30 to seminar level

from county area national and international honours It is a multi sport book that should appeal to multi sport lovers

Unbreakable Runner T.J. Murphy, Brian MacKenzie, 2025-11-04 A New York Times Best Seller Men's Journal Health Book of the Year In Unbreakable Runner CrossFit Endurance founder Brian MacKenzie and journalist T J Murphy examine long held beliefs about how to train tearing down those traditions to reveal new principles for a lifetime of healthy powerful running Unbreakable Runner challenges conventional training tenets such as high mileage and high carb diets to show how reduced mileage and high intensity training can make runners stronger more durable athletes and prepare them for races of any distance Distance runners who want to invigorate their training solve injuries or break through a performance plateau can gain power and resilience from MacKenzie's effective blend of run training and whole body strength and conditioning CrossFitters who want to conquer a marathon half marathon or ultramarathon will find endurance training instruction with 8 to 12 week programs that combine CrossFit™ workouts with run specific sessions Unbreakable Runner includes CrossFit based training programs for race distances from 5K to ultramarathon for beginner intermediate and advanced runners Build a better running body with this CrossFit Endurance based approach to running training

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□, 2023-06-14 26 Ueli Steck 2 22 62 82 4 Zoe Hart Christophe Moulin Club Alpin Français Groupes Excellence program Mark Twight 300 Krissy Moehl Ultra Trail du Mont Blanc 100 Hardrock Hundred Mile Endurance Run Alexander Odintsov 2004 Caroline George 366 1 2 Chad Kellogg 5 24 Roger Schaeli 35 2019 50 Kelly Cordes Will Gadd Ouray 24 7 620 Vince Anderson Peter Habeler 8 I Gerlinde Kaltenbrunner 14 8 Marko Prezelj Steve Swenson Saser Kangri 7 672 Link Sar 7 041 Voytek Kurtyka Stephan Siegrist Jean Troillet 21 10 8 Danika Gilbert Tony Yaniro 17 Grand Illusion Andreas Fransson Scott Semple Colin Haley 21 4 Barry Blanchard 6 367 Ines Papert

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