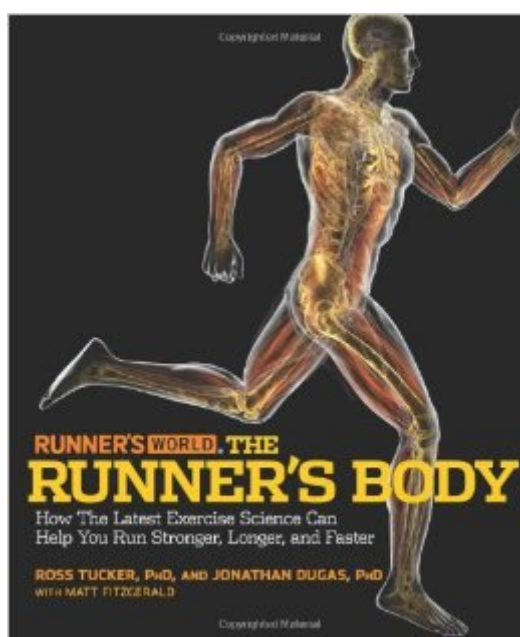


The book was found

# Runner's World The Runner's Body: How The Latest Exercise Science Can Help You Run Stronger, Longer, And Faster



## Synopsis

Every day scientists learn more about how the body adapts to the stress of running and how various body systems contribute to running performance. Leading the charge is a fresh generation of brilliant young exercise physiologists including Ross Tucker and Jonathan Dugas, whose work has demolished many long-standing beliefs about running. Now Tucker and Dugas, whose blog, Science of Sport, has already created a devoted readership, join with esteemed fitness author Matt Fitzgerald to provide a captivating tour of the human body from the runner's perspective. Focusing on how runners at all levels can improve their health and performance, *The Runner's Body* offers in a friendly, accessible tone, the newest, most surprising, and most helpful scientific discoveries about every aspect of the sport from how best to nourish the runner's body to safe and legal ways to increase oxygen delivery to the muscles. Full of surprising facts, practical sidebars, and graphical elements, *The Runner's Body* is a must-have resource for anyone who wants to become a better and healthier runner.

## Book Information

Paperback: 288 pages

Publisher: Rodale Books (May 12, 2009)

Language: English

ISBN-10: 1605298611

ISBN-13: 978-1605298610

Product Dimensions: 7.5 x 0.8 x 9.1 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (48 customer reviews)

Best Sellers Rank: #234,832 in Books (See Top 100 in Books) #64 in Books > Sports & Outdoors > Other Team Sports > Track & Field #399 in Books > Medical Books > Basic Sciences > Anatomy #440 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

## Customer Reviews

This book was very good overall. It told me a lot of things that to which I wanted the answer and hadn't be able to find all in one place.1. NO! muscle soreness is not caused by lactic acid burn. It is caused by microscopic tears in the muscle fiber!2. There was enough repetition to know which points the authors were underlining. When reading books that have so much information, it is always good to have some things repeated (they can get lost in the way of getting through the whole book).3. There was just enough technical information to give you the background necessary without

turning it into a Biology text. It appears that their journalist co-author (Matt Fitzgerald) helped them to cut down some of the non-essential information. This book was not the least bit bloated.<sup>4</sup> This book could be read in any order if you wanted to skip to the parts that you wanted to read most.<sup>5</sup> There were very useful diagrams of atypical stretches that most of us don't do. Problems:<sup>1</sup> As others have noted, this book does not have a bibliography-- and that would have been useful if one wanted to look at the abstracts of some of these articles to check the conclusions and sample sizes for oneself.<sup>2</sup> There were lots of good stretching diagrams, but some of the stretches that they described in the text would have been a lot easier to visualize if they had just included a photo. Why not have just been consistent and put in photos for all the stretches described? In this case, a photo really *\*would\** have been worth 1,000 words! Better yet, a *\*whole section\** of photos on stretching (given its importance in running).<sup>3</sup> I could have done with a section on the racial differences between runners.

[Download to continue reading...](#)

Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster Runner's World Run Less, Run Faster: ã ã Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program Bicycling Complete Book of Road Cycling Skills: ã ã Your Guide to Riding Faster, Stronger, Longer, and Safer Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) 80/20 Running: Run Stronger and Race Faster By Training Slower Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners-Run Farther, Faster, and Injury-Free Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging): (Running And Jogging For Beginners, Weight Loss, Exercise, How to Run And Jog) Heart to Start: The Eight-Week Exercise Prescription to Live Longer, Beat Heart Disease, and Run Your Best Race Run Patty Run: The Story of a Very Special Long-Distance Runner Who Lights the Way for Others Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer,

Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Runner's World Complete Book of Running: Everything You Need to Run for Weight Loss, Fitness, and Competition Cheating Father Time: 77 Anti-Aging Hacks to Stop the Clock and Live a Longer, Healthier and More Fulfilling Life: (Build the Habits to Age with Grace and Become Sharper & Stronger by the Year!) The New Yoga for Healthy Aging: Living Longer, Living Stronger and Loving Every Day Master Class: Living Longer, Stronger, and Happier Peak Performance Shake and Juice Recipes for Soccer: Increase Muscle and Reduce Fat to Become Faster, Stronger, and Leaner

[Dmca](#)