

Lactate Threshold Training

Training Intensity, Volume and Recovery Distribution Among Elite and Recreational Endurance Athletes
Training Lactate Pulse Rate
Hansons Marathon Method
80/20 Triathlon Training and Racing with a Power Meter, 2nd Ed.
Racing Weight
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Training Intensity, Volume and Recovery Distribution Among Elite and Recreational Endurance Athletes

This volume summarizes the proceedings of the Reisenburg workshop which took place at Reisenburg Castle in November 1997". The castle is built on the site of an ancient Roman compound and situated in the south of Germany at the Danube river. Scientists from Australia, Austria, Belgium, Estonia, Germany, Italy, Netherlands, South Africa, Switzerland, and the United States participated in the workshop. Like the 1996 workshop, the proceedings of which will be published in *Medicine and Science in Sports and Exercise* in 1998, the 1997 workshop also focused on the topic of overtraining in its widest sense to deepen our knowledge in this particularly sensitive field of sports science and sports practice. The authors see the present volume in a context with the proceedings presented by Guten (ed.) "Running Injuries"; Saunders, Philadelphia (1997) and Kneider, Fry, and O'Toole (eds.) "Overtraining in Sport"; Human Kinetics, Champaign IL (1997). Overtraining, that is, too much stress combined with too little time for regeneration, can be seen as a crucial and threatening problem within the modern athletic community, of which significance can already be recognized reading daily newspapers: ". . . During the 1996 European championships, a gymnast shook his head almost imperceptibly, closed his eyes briefly and left the arena without looking up. He was fatigue personified. 'Suddenly, I just couldn't do any more. I just wanted to rest'". A look at his schedule showed why.

Training Lactate Pulse Rate

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How much power does your human engine have? How much power do you need for running in different conditions? How can you optimize your training and racing performance? How can you use power meters to improve your results? What are the ultimate limits of human performance? The Secret of Running answers all of these questions. All factors determining the performance in running (from 800-meter race to marathon) are explained step by step: training, nutrition, body weight, running form, wind, hills, temperature, running gear, power meters and much more. Written in a crystal-clear and lively style, this book is a wealth of information for every ambitious runner. This title also contains brand new insights on how the balance of the power of your human engine and the power requirement for running in different conditions determines your performance. It shows how power meters can be used to optimize your training, running economy and race result. This book is lavishly illustrated and packed with useful data. Being already a bestseller in the Netherlands and Belgium, The Secret of Running can be considered the ultimate textbook for all serious runners and their coaches.

Hansons Marathon Method

Too much exercise can kill you. The Haywire Heart is the first book to examine heart conditions in athletes. Intended for anyone who competes in endurance sports like cycling, triathlon, running races of all distances, and cross-country skiing, The Haywire Heart presents the evidence that going too hard or

too long can damage your heart forever. You'll find what to watch out for, what to do about it, and how to protect your heart so you can enjoy the sports you love for years to come. The Haywire Heart shares the developing research into a group of conditions known as "athlete's heart", starting with a wide-ranging look at the warning signs, symptoms, and how to recognize your potential risk. Leading cardiac electrophysiologist and masters athlete Dr. John Mandrola explores the prevention and treatment of heart conditions in athletes like arrhythmia, atrial fibrillation and flutter, tachycardia, hypertrophy, and coronary artery disease. He reviews new research about exercise intensity and duration, recovery, inflammation and calcification, and the ways athletes inflict lasting harm. These heart problems are appearing with alarming frequency among masters athletes who are pushing their bodies harder than ever in the hope that exercise will keep them healthy and strong into their senior years. The book is complete with gripping case studies of elite and age-group athletes from journalist Chris Case—like the scary condition that nearly killed cyclist and coauthor Lennard Zinn—and includes a frank discussion of exercise addiction and the mental habits that prevent athletes from seeking medical help when they need it. Dr. Mandrola explains why many doctors misdiagnose heart conditions in athletes and offers an invaluable guide on how to talk with your doctor about your condition and its proven treatments. He covers known heart irritants, training and rest modifications, effective medicines, and safe supplements that can reduce the likelihood of heart damage from exercise. Heart conditions affect hardcore athletes as well as

those who take up sports seeking better health and weight loss. The Haywire Heart is a groundbreaking and critically important guide to heart care for athletes. By protecting your heart now and watching for the warning signs, you can avoid crippling heart conditions and continue to exercise and compete for years to come.

80/20 Triathlon

Running Times magazine explores training, from the perspective of top athletes, coaches and scientists; rates and profiles elite runners; and provides stories and commentary reflecting the dedicated runner's worldview.

Training and Racing with a Power Meter, 2nd Ed.

Racing Weight is a proven weight-management program designed specifically for endurance athletes. Revealing new research and drawing from the best practices of elite athletes, coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training. This comprehensive and science-based program shows athletes the best ways to lose weight and avoid the common lifestyle and training hang-ups that keep new PRs out of reach. The updated Racing Weight program helps athletes:

- Improve diet quality
- Manage appetite
- Balance energy sources
- Easily monitor weight and performance
- Time nutrition throughout the day
- Train to get—and stay—lean

Racing Weight offers practical tools to make weight management easy. Fitzgerald's no-nonsense Diet Quality Score improves diet without counting calories. Racing Weight superfoods are diet foods high in the nutrients athletes need for training. Supplemental strength training workouts can accelerate changes in body composition. Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite. Athletes know that every extra pound wastes energy and hurts performance. With Racing Weight, cyclists, triathletes, and runners have a simple program and practical tools to hit their target numbers on both the race course and the scale.

Racing Weight

Runners, cyclists, swimmers, rowers, triathletes, and ultradistance athletes must sustain performance at a high level to come out on top. Developing Endurance shows how to achieve optimal stamina to race your best through science-based aerobic, anaerobic, and resistance training. Written by 11 top experts in the National Strength and Conditioning Association, the top sport conditioning organization in the world, this guide provides both the background information and the exercises, drills, workouts, and programs for ultimate results. Athletes and coaches will appreciate the assessment tools, analyses, and instruction to define specific needs and establish effective training goals. Armed with these tools and information, you can create the ideal personalized training program for your sport and avoid lengthy plateaus while taking

performance to the highest level.

Run Faster from the 5K to the Marathon

Muscle Metabolism During Exercise

Offers multisport athletes advice on how to understand the science of training and effectively self-train, providing sample training plans for different levels of multisport events, specific workouts for each type of plan, ratings for exertion levels, and generic training plans that can be used for all ability levels.

Iron War

Dr. Noakes explores the physiology of running, all aspects of training, and recognizing, avoiding, and treating injuries. 133 illustrations.

Training for the New Alpinism

Get ready to run the race of your life Marathons in the U.S. have seen record increases in participation during the past few years. Running a Marathon For Dummies helps aspiring marathon runners prepare to successfully complete their first race, and shows experienced runners how to take their game to the next level. Running a Marathon For Dummies gives you exercises, programs, and tips to improve your running stamina, speed, and overall health. It takes you from sitting on the couch through running your first 26.2 mile marathon—and beyond. For seasoned

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runners, Running a Marathon For Dummies offers tips and advice for how to continue improving performance through drills, exercises, and other techniques. Provides a timed training promise for runners of all skill levels, from non-runners, first marathoners, and mid-race runners to more experienced runners. Includes information on how running increases heart strength, keeps illnesses away, keeps arteries clear, and improves a person's mood. Gives you drills, exercises, and techniques to improve your endurance. Whether you're a couch potato or a regular who hits the asphalt, Running a Marathon For Dummies gives you everything you need to run the race of your life.

The Time-Crunched Cyclist

An overhaul of traditional marathon training programs offers plans for both beginner and advanced runners that stress lower-mileage runs; speed, strength, and tempo workouts; and nutrition and hydration planning.

The Overfat Pandemic

Presents racing and training programs that have produced national championship, Olympic medal, and world record performances.

Better Training for Distance Runners

The Time-Crunched Cyclist reveals the fastest way to get fit for road racing, century rides, gravel grinders, cyclocross, Gran Fondos, and mountain bike events.

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With elite cycling coach Chris Carmichael's innovative, time-saving approach, busy cyclists will develop fitness, speed, and power in just 6 hours a week. Now powered by Strava, this updated third edition of *The Time-Crunched Cyclist* training program taps into the most popular cycling social network to help cyclists get fired up to crush their workouts, one segment at a time. Through his popular endurance coaching service, Carmichael noticed that many busy cyclists are unable to make performance gains using conventional training methods; they simply don't have enough time to train. So CTS developed a new approach—the Time-Crunched Training Program—to help cyclists achieve competitive fitness and power without the impossible time demands of traditional training methods. *The Time-Crunched Cyclist* shows cyclists how to build fitness on a realistic schedule by tapping the power of high-intensity interval training (HIIT) workouts. Cyclists learn the science behind this alternative approach to training before performing the CTS field tests to get a baseline reading of their fitness. Nine comprehensive training plans include effective time-crunched workouts, nutrition guidelines, and strength training to develop the speed and endurance for a wide variety of cycling races and events. The new Time-Crunched Training Plans cover:

- New and Experienced plans for criteriums, road races, and cyclocross
- New, Experienced, and Competitive plans for century rides and Gran Fondos
- Gravel racing and ultraendurance mountain biking plans
- Intermediate and Advanced plans for commuters

This new, third edition integrates Strava, the popular ride tracking and analysis program. Powered by Strava, the Time-Crunched program

becomes interactive, social, highly motivating—and focuses riders on the training data that matters most. It also adds the Time-Crunched Diet, a sports nutrition approach designed to help riders optimize their power-to-weight ratio with new guidelines on eating behaviors and delicious recipes from chefs Michael Chiarello and Matt Accarrino. A new chapter on hydration and managing heat stress will show athletes simple ways to avoid overheating that lead to better performance. The Time-Crunched Cyclist can help you capture your best performance—all in the time you have right now.

Today We Die a Little

LONGLISTED FOR THE WILLIAM HILL SPORTS BOOK OF THE YEAR AWARD SHORTLISTED FOR THE CROSS SPORTS BOOK AWARDS BIOGRAPHY OF THE YEAR The definitive biography of one of the greatest, most extraordinary runners and Olympic heroes of all time, from the author of running classic *Feet in the Clouds*. Emil Zátopek won five Olympic medals, set 18 world records, and went undefeated over 10,000 metres for six years. He redefined the boundaries of endurance, training in Army boots, in snow, in sand, in darkness. But his toughness was matched by a spirit of friendship and a joie de vivre that transcended the darkest days of the Cold War. His triumphs put his country on the map, yet when Soviet tanks moved in to crush Czechoslovakia's new freedoms in 1968, Zátopek paid a heavy personal price for his brave defence of 'socialism with a human face'. Rehabilitated two decades later, he was a shadow of

the man he had been - and the world had all but forgotten him. Today We Die A Little strips away the myths to tell the complex and deeply moving story of the most inspiring Olympic hero of them all.

Overload, Performance Incompetence, and Regeneration in Sport

Fast After 50 is for every endurance athlete who wants to stay fast for years to come. For runners, cyclists, triathletes, swimmers, and cross-country skiers, getting older doesn't have to mean getting slower. Drawing from the most current research on aging and sports performance, Joe Friel—America's leading endurance sports coach—shows how athletes can race strong and stay healthy well past age 50. In his groundbreaking book *Fast After 50*, Friel offers a smart approach for athletes to ward off the effects of age. Friel shows athletes how to extend their racing careers for decades—and race to win. *Fast After 50* presents guidelines for high-intensity workouts, focused strength training, recovery, crosstraining, and nutrition for high performance: How the body's response to training changes with age, how to adapt your training plan, and how to avoid overtraining How to shed body fat and regain muscle density How to create a progressive plan for training, rest, recovery, and competition Workout guidelines, field tests, and intensity measurement In *Fast After 50*, Joe Friel shows athletes that age is just a number—and race results are the only numbers that count. With contributions from: Mark Allen, Gale Bernhardt, Amby Burfoot, Dr. Larry Creswell, John Howard, Dr. Tim

Noakes, Ned Overend, Dr. John Post, Dr. Andrew Pruitt, and Lisa Rainsberger.

Healthy Intelligent Training

Provides guidelines for designing personalized training programs, including recommendations for cycling, distance running, swimming, canoeing, biathlon, and triathlon participants.

Running Science

Learn how to run faster, unlock your potential, and reach peak performance with training advice from a former Olympic trials marathoner and coach to Olympians like Dathan Ritzenhein. Hudson is the most innovative running coach to come along in a generation. Until now, only a handful of elite athletes have been able to benefit from his methods. Now Run Faster from the 5K to the Marathon shows all runners how to coach themselves as confidently and effectively as Brad coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First you will learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, Run Faster is the cutting-edge guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively—and avoid injury. And you'll soon be running faster than you ever thought possible!

Training for the Uphill Athlete

The Encyclopedia of Exercise Medicine is intelligently structured, easy accessible and user-friendly: A-Z format, clear, concise language and uniform essay structure as well as extensive cross references between keywords and related articles enables efficient searches in a user-friendly manner both for experts and newcomers. It is intended to be a comprehensive up-to-date data base on the adaptation of the human body to exercise and on the therapeutic use of exercise with up to 2,000 keywords. It covers all aspects within the full range of modern exercise medicine of each particular scientific discipline (cancer, parasitology, aging, etc.). This includes information on methodological approaches to measuring the principle components of motor fitness, and practical aspects of their enhancement by trainings regimes as well as by nutrition and the application of drugs. Such a wide range of entries, all written by leading experts in their respective fields, will therefore address both the basic/clinical scientist as well as the practitioner. Moreover, the Encyclopedia of Exercise Medicine is aimed at people in related fields, health care professionals, physiotherapists, trainers, students, informed athletes and interested laypersons. It is available both in print and as a fully searchable and hyperlinked electronic online edition.

Running Times

A breakthrough program for triathletes -- beginner,

intermediate, and advanced -- showing how to balance training intensity to maximize performance -- from a fitness expert and elite coach. Cutting-edge research has proven that triathletes and other endurance athletes experience their greatest performance when they do 80 percent of their training at low intensity and the remaining 20 percent at moderate to high intensity. But the vast majority of recreational triathletes are caught in the so-called "moderate-intensity rut," spending almost half of their time training too hard--harder than the pros. Training harder isn't smarter; it actually results in low-grade chronic fatigue that prevents recreational athletes from getting the best results. In 80/20 Triathlon, Matt Fitzgerald and David Warden lay out the real-world and scientific evidence, offering concrete tips and strategies, along with complete training plans for every distance--Sprint, Olympic, Half-Ironman, and Ironman--to help athletes implement the 80/20 rule of intensity balance. Benefits include reduced fatigue and injury risk, improved fitness, increased motivation, and better race results.

The Haywire Heart

"Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program--in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity--is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, 80/20 Running is a hands-on guide for runners of all

levels with training programs for 5K, 10K, half-marathon, and marathon distances"--

Daniels' Running Formula

Offers a review on blood lactate threshold and exercise. This book examines how to accurately measure the blood lactate response to exercise and provides information on how to use this technique to create effective sport-specific training programmes.

Advances in Ergometry

"Heart Rate Training" takes the guesswork out of training and explains how, when, and why heart rate monitors should be incorporated into training and conditioning programs. A comprehensive guide for endurance athletes, the guidebook explains the merits, factors, and techniques of training with a heart rate monitoring system.

80/20 Running

A comprehensive guide to all things running explains running physiology, biomechanics, medicine, genetics, biology, psychology, training, and racing.

The Blood Lactate Response to Exercise

As best-selling author John Gray pointed out, men are from Mars and women are from Venus. There are obvious differences between women and men in anatomy, physiology, hormones, and metabolism. So

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why do most running books take a one-size-fits-all approach to training? Finally, here's one that doesn't. *Running for Women* provides comprehensive information on training female runners based on their cardiovascular, hormonal, metabolic, muscular, and anatomical characteristics. In this authoritative guide, authors Jason Karp and Carolyn Smith answer the questions and tackle the topics women need to know:

- The impact of the menstrual cycle on hydration, body temperature, metabolism, and muscle function
- The most effective workouts for endurance, speed and strength, lactate threshold, and VO2max
- How and when to train during the menstrual cycle, pregnancy, and menopause
- Preventing knee injuries, stress fractures, and other common running-related injuries
- Avoiding the risks of the female athlete triad—disordered eating, osteoporosis, and menstrual irregularities
- How to use sex differences to your advantage

Based on the latest research on estrogen, metabolism, and other sex-specific performance factors, *Running for Women* will change the way you fuel, train, and compete. If you are serious about running, this is one guide you must own.

Training Essentials for Ultrarunning

NSCA's *Guide to Tests and Assessments* offers strength and conditioning professionals a one-stop resource for the best research-supported fitness and performance measures available. Created by top experts in the National Strength and Conditioning Association (NSCA), this comprehensive text offers

extensive information on which factors matter and how to evaluate them as accurately and easily as possible. Editor Todd Miller and an authoritative team of contributors have compiled an exceptional reference and valuable tool for practicing professionals and an indispensable educational resource for students. NSCA's Guide to Tests and Assessments presents the latest research from respected scientists and practitioners in exercise testing and assessment. The text begins with an introduction to testing, data analysis, and formulating conclusions. It then features a by-chapter presentation of tests and assessments for body composition, heart rate and blood pressure, metabolic rate, aerobic power, lactate threshold, muscular strength, muscular endurance, power, speed and agility, mobility, and balance and stability. Using descriptions of multiple test options for each key fitness component, readers will learn to choose from a range of alternatives to meet the needs of their athletes, reach training objectives, choose from available equipment, and work within budgets. Each chapter provides a summary detailing the key testing and assessment information for each fitness component, the equipment needed for performing the tests, step-by-step instructions, normative data for the tests, and multiple test options per conditioning component. Insights into the applications of testing for certain fitness components are also presented:

- The value of body composition assessments in determining health and fitness levels for competitive athletes as well as individuals across the life span
- How an understanding of 24-hour energy expenditure can be useful in structuring a complete diet and

exercise plan for weight loss, gain, or maintenance • How to select a maximal or submaximal aerobic power test that is specific to the demands of a client's or athlete's sport • Discussion of the mechanical and physiological factors shown to influence the expression of muscular strength • An examination of the relevant factors influencing power production and explosive movement capacity • Differences between mobility and flexibility and a discussion of the acute versus chronic effects of static stretching • Theories and concepts of balance and stability, their effects on performance, and categories of testing for balance and stability

NSCA's Guide to Tests and Assessments also includes NSCA-approved testing protocols, extensive references to current research, and applications for the testing of conditioning components. Information is presented in an accessible manner to help explain the findings of both researchers and practitioners so that readers can select the most effective and efficient approach for athlete and client assessments. Properly conducted tests and skillful assessment of data enable fitness professionals to develop individualized training programs based on their clients' or athletes' physiological and functional capacities. Credible, current, and complete, NSCA's Guide to Tests and Assessments provides a clear understanding of the test selection process, how to implement appropriate data collection, and how to analyze data to make appropriate training decisions that will help athletes and clients achieve their performance goals. NSCA's Guide to Tests and Assessments is part of the Science of Strength and Conditioning series. Developed with the expertise of the National Strength and

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Conditioning Association (NSCA), this series of texts provides the guidelines for converting scientific research into practical application. The series covers topics such as tests and assessments, program design, and nutrition.

Encyclopedia of Exercise Medicine in Health and Disease

Recommended by "Runner's World" magazine as "the best training book" by "the world's greatest coach," "Daniels' Running Formula" provides an expert training and racing blueprint for dedicated runners of all abilities.

Developing Endurance

Based on the proven principles of Arthur Lydiard - Runners World "Coach of the Century" - this is a must-have volume for anyone involved in middle-distance running. Healthy Intelligent Training provides readers with an easy-to-follow guide to the principles and training techniques that guided numerous athletes from across the globe to World Records and Olympic Gold. Written by a former national-level runner, with contributions from Olympic medalists and coaches, this superb volume shows you how to plan and follow your own training program to reach peak performance when you want.

Running for Women

Exercise testing is widely used all over the world to

assess functional capacity in athletes, healthy subjects and patients. According to recent surveys, the interest in ergometry is still growing in almost all fields of medicine, especially in private practice. Furthermore, there has been an exponential growth in the number of publications on exercise testing in the last years. Several consensus and task force conferences have dealt with exercise testing and published recommendations on standardization and guidelines in ergometry. These factors have, in combination, initiated an upsurge in research and clinical use of exercise testing. At the 6th International Seminar on Ergometry the latest findings and advances in ergometry were discussed. Reviews and results of the congress covering a wide range of features in exercise testing are presented in this book. The editors hope that this book will make a substantial contribution to our knowledge regarding exercise testing and will help physicians to appropriately evaluate exercise testing in healthy and diseased subjects. The editors are indebted to Miss I. Baumgartner and Mr. W. Reith for their effort in typing and preparing the manuscripts. The editors are grateful to Springer-Verlag for the close cooperation and for their expertise in publishing the present volume. N. Bachl T. Graham H. Lallgen Contents W. Hollmann The Anaerobic Threshold as a Tool in Medicine .. 1 L. Prokop Genetic Influences on Cardiovascular Capacity 12 1) ARRHYTHMIA AND EXERCISE 19 . . .

Running a Marathon For Dummies

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Hunter Allen and Andy Coggan, PhD have completely revised the book that made power meters understandable for amateur and professional cyclists and triathletes. Power meters have become essential tools for competitive cyclists and triathletes. No training tool can unlock as much speed and endurance as a power meter--for those who understand how to interpret their data. A power meter displays and records exactly how much energy a cyclist expends, which lends unprecedented insight into that rider's abilities and fitness. With the proper baseline data, a cyclist can use a power meter to determine race strategy, pacing, and tactics. Training and Racing with a Power Meter makes it possible to exploit the incredible usefulness of the power meter by explaining how to profile strengths and weaknesses, measure fitness and fatigue, optimize workouts, time race readiness, and race using power. This new edition: Enables athletes to predict future performance and time peak form Introduces fatigue profiling, a new testing method to pinpoint weaknesses Includes two training plans to raise functional threshold power and time peaks for race day Offers 75 power-based workouts tuned for specific training goals This updated edition also includes new case studies, a full chapter on triathlon training and racing, and improved 2-color charts and tables throughout. Training and Racing with a Power Meter, will continue to be the definitive guide to the most important training tool ever developed for endurance sports.

YOU (Only Faster)

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From bad weather to business travel to traffic safety, there are dozens of reasons why cyclists and triathletes take their rides inside. Although indoor cycling workouts offer the ultimate control over workout conditions, most inside riders don't get the most out of their trainers or spin bikes. RIDE INSIDE offers cyclists and triathletes a smart guide to getting more fitness from every indoor cycling workout. From the world's most experienced personal cycling coach, Joe Friel, RIDE INSIDE reveals all the unique aspects of indoor riding:

- Mental aspects like motivation, focus, and enjoyment
- Changes in upper body stability, posture, and pedaling technique on a stationary bike
- Respiration, hydration, and cooling
- Inherent changes in power output
- Lower leg tension and eccentric loading from flywheel momentum
- Lower effort from lack of terrain changes, headwinds, and crosswinds
- Road-like feel
- Different shifting patterns

All these differences of indoor riding add up to a big impact when the rubber hits the road. Drawing from the foundations of Friel's classic training guides, *The Cyclist's Training Bible* and *The Triathlete's Training Bible*, RIDE INSIDE shows how to apply smart and proven training concepts to indoor cycling. Riders will get expert guidance on the best ways to set up a trainer or smart trainer, how to modify outdoor workouts for indoor cycling, how to better monitor power and RPE, and how to use social online training platforms like Zwift to make training better and not worse. Most critically, RIDE INSIDE shows cyclists and triathletes how to do indoor cycling workouts that actually meet their training goals instead of compromising.

Serious Training for Serious Athletes

Presents training principles for the multisport mountain athlete who regularly participates in a mix of distance running, ski mountaineering, and other endurance sports that require optimum fitness and customized strength

Lactate Threshold Training

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,

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including Ueli Steck, Mark Twight, Peter Habeler, Voytek Kurtyka, and Will Gadd. Filled with photos, graphs, and illustrations.

Heart Rate Training

Research demonstrates that up to 76 percent of the world's population—or 5.5 billion people—are overfat, defined as having sufficient excess body fat to impair health. This includes nearly 90 percent of Americans—one of the highest percentages worldwide. In *The Overfat Pandemic*, Dr. Philip Maffetone reveals common misconceptions regarding the real meaning of “overfat,” factors that helped cause this global pandemic, and ways individuals can remedy the situation with the proper food and exercise. Other major points in the book include:

- The distinction between “overweight” and “overfat”
- How normal-weight people can be overfat
- Why those who exercise can still be overfat, including athletes
- Why waist measurement is better than the bathroom scale
- How individuals can take charge of their body fat
- How the overfat pandemic can be remedied through simple lifestyle changes and without diets

As little as 14 percent of the world's population has a normal body-fat percentage, and that number may be shrinking. This book aims to curtail the overfat epidemic by exposing a decades-long problem and offering a research-based, practical solution to help prevent and treat it.

Lore of Running

Total Heart Rate Training

Training for the endurance athlete.

Fast After 50

Outlines cutting-edge training techniques that can bolster the effectiveness of a workout, explaining how to use a heart rate monitor as a beneficial self-coaching tool, in a reference that discusses such topics as how to minimize injuries, using gym equipment, and recognizing when to increase and decrease a workout's intensity. Original.

The Secret of Running

The 1989 Ironman World Championship was the greatest race ever in endurance sports. In a spectacular duel that became known as the Iron War, the world's two strongest athletes raced side by side at world-record pace for a grueling 139 miles. Driven by one of the fiercest rivalries in triathlon, Dave Scott and Mark Allen raced shoulder to shoulder through Ironman's 2.4-mile swim, 112-mile bike race, and 26.2-mile marathon. After 8 punishing hours, both men would demolish the previous record--and cross the finish line a mere 58 seconds apart. In his new book *Iron War*, sports journalist Matt Fitzgerald writes a riveting epic about how Allen and Scott drove themselves and each other through the most awe-inspiring race in sports history. *Iron War* goes beyond the pulse-pounding race story to offer a fascinating exploration of the lives of the world's two toughest

men and their unquenchable desire to succeed. Weaving an examination of mental resolve into a gripping tale of athletic adventure, *Iron War* is a soaring narrative of two champions and the paths that led to their stunning final showdown.

NSCA's Guide to Tests and Assessments

Training Plans for Multisport Athletes

Howard G. Knuttgen of Biology, Boston University, 2 Cummington Department Street, Boston, 02215 Massachusetts, USA The relationship of the formation of lactate acid to skeletal muscle energy release in exercising humans was first explored by A. V. Hill and co-workers (21, 22). The term "oxygen debt" was suggested by them to describe the excess oxygen consumption of recovery which they felt was closely related. A combination of their work and the earlier work of Krogh and Lindhard (35) resulted at that time in the belief that a certain amount of energy release during the transition from rest to exercise was provided by a non-aerobic source, glycolysis. The resulting accumulation of lactic acid (as lactate) in the body required an extra consumption during recovery for its oxidative removal. Jervell (24) subsequently showed that, in exercise, the greatest accumulation in blood took place during the first few minutes. He felt that the blood lactate increase was due to a shortage of oxygen during the transition period. The observation was also made for the first time that the increased level of lactate due to exercise could be

made to fall faster if mild exercise was employed by the subjects in place of sedentary recovery. The work of Margaria, Edwards and Dill (40) appeared in 1933. They observed that exercise (treadmill running) could be carried on at low levels without significant changes in resting levels of blood lactate.

Ride Inside

When elite ultrarunners have a need for speed, they turn to coach Jason Koop. Now the sport's leading coach makes his highly effective ultramarathon training methods available to ultrarunners of all abilities in his book *Training Essentials for Ultrarunning*. Ultramarathoners have traditionally piled on the miles or tried an approach that worked for a friend. Yet ultramarathons are not just longer marathons; simply running more will not prepare you for the race experience you want. Ultramarathon requires a new and specific approach to training. *Training Essentials for Ultrarunning* will revolutionize training for those who want to race an ultramarathon instead of just gutting it out to the finish line. Koop's race-proven ultramarathon program is based on sound science, the most current research, and years of experience coaching the sport's star runners to podium performances. Packed with practical advice and vetted training methods, *Training Essentials for Ultrarunning* is the new, must-have resource for first-timers and ultramarathon veterans. Runners using *Training Essentials for Ultrarunning* will gain much more than Koop's training approach:

- The science behind ultramarathon performance.
- Common

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ultramarathon failure points and how to solve them. · How to use interval training to focus workouts, make gains, reduce injuries, and race faster. · Simple, effective fueling and hydration strategies. · Koop's A.D.A.P.T. method for making the right decisions to solve a race-day crisis. · How to plan your ultra season for better racing. · Course-by-course coaching guides to iconic U.S. ultramarathons including American River 50, Badwater 135, Hardrock 100, Javelina 100, JFK 50, Lake Sonoma 50, Leadville 100, Vermont 100, Wasatch 100, and Western States 100. · How to achieve your goal, whether it's finishing or winning. A revolution is coming to ultrarunning as ultramarathoners shed old habits and embrace the smarter methods that science and experience show are better. Featuring stories and advice from ultrarunning stars Dakota Jones, Kaci Lickteig, Dylan Bowman, Timothy Olson, and others who work with Koop, *Training Essentials for Ultrarunning* is the go-to guide for first-time ultrarunners and competitive ultramarathoners.

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