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out their long run to encounter more
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Review race files to understand if your
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of training for the majority of athletes is to prepare for race day. There ' s more to race day than just fitness, but understanding your performance is a start. Take the time to perform an in-depth review of races to look for valuable insights that can also help ...

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Training for a race can be challenging when you 're living with Crohn ' s disease, but a few tips and tricks can make it easier. Here are some things to help get you started.

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Racing and Training with Power.
10/18/2019. The first commercially
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meters have changed considerably over the years - becoming, lighter, more accurate, and much more intricate - they remain one of the most widely used and most valuable training tools in cycling. ...

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There is no right or wrong answer.
Sharing a run with a group or on your
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you release stress, and the act of exercising helps to release the feel-good hormones (endorphins) in our bodies. They call it “runner’s high” for a reason!

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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

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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

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readiness, and race using power. This
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peak form Introduces fatigue
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training plans to raise functional
threshold power and time peaks for

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2nd Ed 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

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continue to be the definitive guide to
the most important training tool ever
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power meter can unlock more speed and endurance than any other training tool—but only if you understand the data. This new third edition of Training and Racing with a Power Meter updates the comprehensive guide that was last published almost 10 years ago. Using

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this updated guide, any rider can exploit the incredible usefulness of any power meter. Pioneering cycling coach Hunter Allen and exercise physiologists Dr. Andy Coggan and Stephen McGregor show how to use a power meter to find your baseline power data, profile your strengths and

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weakness, measure fitness and
fatigue, optimize your daily workouts,
peak for races, and set and adjust
your racing strategy during a race.
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achieve lasting improvements and
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physiologists Dr. Andy Coggan and
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weakness, measure fitness and
fatigue, optimize your daily workouts,
peak for races, and set and adjust

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The bestselling author of 80/20 Running and How Bad Do You Want It? reveals his inspiring and surprising journey to see just how fast he can go. Matt Fitzgerald has been running (and writing about running) for most of his

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adult life. But, like many passionate amateur runners, he never felt he was quite fulfilling his potential. If he follows the training, nutrition, and lifestyle of an elite runner, just how fast could he go? In his mid-forties, Matt at last has the freedom to do nothing but train, if only for the span

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of one summer. The time is now. He convinces the coach of Northern Arizona Elite, one of the country's premier professional running teams, to let him train with a roster of national champions and Olympic hopefuls in the running mecca of Flagstaff, Arizona, leading in to the

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Chicago Marathon. The results completely redefined Matt ' s notion of what is possible, not only for himself but for any runner. Filled with a vibrant cast of characters, rigorous and quad-torching training, and a large dose of self-deprecating humor, Matt ' s gripping account of his

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“fake pro runner” experience
allows us to partake in the dream of
having the chance to go all the way.
Yet for the gifted young runners Matt
trains with, it ' s not a dream but
concrete reality, and their individual
stories enrich this inspiring narrative.
Running the Dream pulls us into the

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rarified world of professional running
in a way we can all relate to,
regardless of speed, and to take away
pieces of one man ' s amazing journey
to try to achieve our own potential.

USA-Triathlon, the national governing
body for multi-sport racing, is

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committed to fostering the duathlon as the organization's "growth sport." With the full backing of USA-Triathlon—including sections on duathlon history and the forthcoming USA-T program for promoting duathlon—author Steven Jonas has penned the first modern guide for the

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aspiring multi-sport racer who cannot
or simply doesn't want to swim. Well
known for his original ground-
breaking book Triathloning for
Ordinary Mortals, which has sold
nearly 50,000 copies in two editions,
and his USA-Triathlon Life column
“ Ordinary Mortals ®: Talking

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Triathlon with Steve Jonas, the
author covers: how the run-bike-run
duathlon works; how to have fun, get
and stay fit, and promote your health
doing duathlons; the training
principles and programs for races of
varying lengths, from starting from
scratch to Doin' the Du on a regular

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basis throughout the season, centered on a series of 13-week training programs; finding and choosing your races; the basic techniques of running, cycling and fast walking (which can be used on the run legs in both duathlon and triathlon); equipment; race planning and racing; and duathlon as

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part of a total program for healthy living. This book provides a wealth of knowledge and inspiration from a 29-season multi-sport racer, a prolific author on the subject, who is also a physician and professor of preventive medicine.

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This practical book is aimed at all greyhound enthusiasts and will be of help to the more experienced professional trainer as well as the novice handler. The physical stresses of racing mean that every greyhound will, at some point, sustain some form of injury and it is therefore essential

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that the greyhound handler has some knowledge of injuries. Accordingly, the author places a strong emphasis on injury prevention, diagnosis, treatment and rehabilitation. Contents include: Choosing your first dog; The fundamental aspects of training; Kennelling; Breeding, rearing and

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training puppies; Exercising, the training routine and race preparation; Feeding; Examining your dog, minor ailments and serious illnesses; Foot problems; Injury rehabilitation and the skill of massage; Retired greyhounds. This wide-ranging and practical book is aimed at all

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greyhound enthusiasts including
those who train and race them, care
for them or own them as pets. Fully
illustrated with 69 colour
photographs and 20 drawings.

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Obstacle Race Training Bible provides readers with one-stop access to everything they need to know to prepare for and successfully complete a Tough Mudder, Spartan Race, Warrior Dash, or any of the other international or regional obstacle races that are taking the world by

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storm. All of these races combine
running various distances and terrain
with hard-core obstacles that are both
physically and mentally challenging:
climbing through pitch-black flooded
tubes and over walls, carrying logs
uphill, traversing monkey bars,
crawling through mud and under

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barbed wire, leaping over burning hay bales, swimming in ice cold water, navigating through live wires, and more. This combination of running and obstacles is what gives participants a very different kind of challenge than they get with a 5K, marathon, or triathlon. It's a

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combination that also requires a very different approach to training and preparation, and that's what this book provides. Coverage includes: - Profiles of all the major races: running distance, obstacles involved, completion percentage, fitness level required, etc. - Obstacle overviews,

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including photos of what they look like, the mental and physical challenges involved, and the most effective strategies for completing them - Obstacle-specific exercises that condition participants for the strength, stamina, flexibility, and mental toughness needed to complete

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the obstacle - 8-week training
programs designed for complete
novices, elite athletes, and everyone in
between Important information on
what to wear, nutrition during
training, and race day strategies

From the personal tragedy of a

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stillbirth to an Ironman and beyond, author and stay-at-home mom of five children Mette Ivie Harrison learned life lessons about accepting herself, moving forward, pushing to become better, and bringing her family along the way—sometimes kicking and screaming. In this riveting and

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inspiring first-person story of going from couch potato to nationally ranked triathlete, Mette shares her experience training and racing with her family. She explores how to manage a busy family, how to ignore the things that don ' t matter, and how to focus on goals that create a

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stronger you and a stronger family.

She shares how racing can be a vacation, how racing with your children strengthens your family bond and how, when you think you 've hit your wall, whether in parenthood or during hour twelve in a triathlon, how you can push through and succeed.

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Part memoir, part manual, and all
family, this incredible story of how
one mom chose to remake her life and
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greater heights.

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