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ADVANCED MARATHONING

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〔美〕皮特·普菲青格（Peter Pfitzinger） 著 李俊 译
斯科特·道格拉斯（Scott Douglas） 著



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Advanced Marathonning 2nd Edition

Don Fink,Melanie Fink



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information that may transform your life Nick Bollettieri's Tennis Handbook-2nd Edition Bollettieri, Nick,2015-09-30 Nick Bollettieri's Tennis Handbook Second Edition is the most comprehensive guide to learning and teaching tennis from the sport's most successful coach Covering stroke techniques strategies skill development conditioning and mental training this book allows you to train with a true master teacher and apply the system used in coaching 10 top ranked players in the world

The Art of Running Daisy Edzel,2017-03-27 How an out of shape exercise hating beginner can transform to an impressive long distance runner within months Looking to go from couch potato to a physically fit and healthy runner heck even a FULL marathon finisher This book has it all It contains all the resources for a complete beginner up to novice level to succeed at this physically and mentally demanding sport You will be armed with techniques outergame and psychological tools for motivation innergame to help you keep up with the inner turmoils motivation related issues and other hardships especially in long distance runs where every part of your being just wants to give up I will not waste your precious time with useless information you won't use Instead I'll provide practical and straight forward solutions daily and weekly plans resources section and the best practices to help you succeed YOU will be armed to the teeth with everything you could ever need to finish your first long distance races and beyond Here's what you can expect to learn from this course What it Takes to Run a Marathon Timeframe Beginner Stage Intermediate Level Advanced Level Mental Preparation Setting Goals Running Alone Versus Running with a Buddy How to Use Running Gadgets Get Enough Rest Distinguishing Between Good Pain and Bad Pain Having a Proper Form and Breathing Technique Which Part of Your Foot Should Strike The Ground First Different Training Styles Training Gear Clean Bill of Health Warming Up and Cooling Down Marathon Race Strategies Running Motivations How to fall in love with running Avoid running injuries Running schedules and plans Marathon Specific Training Trail Running Tips and Mistakes to Avoid Uphill and Downhill Running Running and Losing Weight Heart Rate Training And much much more Grab your copy here **The Barefoot Running Book Second Edition: A Practical Guide to the Art and Science of Barefoot and Minimalist Shoe Running** Jason Robillard,2010 The Barefoot Running Book second edition provides expert advice for new and experienced runners interested in making the transition to barefoot or minimalist shoe running Why Because runners find shedding their heavy overly cushioned shoes provides a more enjoyable running experience while reducing injury and allowing better form Jason Ribald uses a combination of research collaboration and his own experiences to bring the latest methods for making a safe enjoyable transition to barefoot or minimalist shoe running This new expanded second edition includes training plans information on ultramarathons photos tested running tips and helpful hints Includes contributions from top barefoot runners and experts including Barefoot Ted McDonald Barefoot Rick Roeber Dr Daniel Lieberman Dr Michael Nirenberg Dr Mark Cucuzzella Dr Scott Hadley Dr Joseph Froncioni and many more

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Table of Contents Advanced Marathonning 2nd Edition

1. Understanding the eBook Advanced Marathonning 2nd Edition
 - The Rise of Digital Reading Advanced Marathonning 2nd Edition
 - Advantages of eBooks Over Traditional Books
2. Identifying Advanced Marathonning 2nd Edition
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Advanced Marathonning 2nd Edition
 - User-Friendly Interface
4. Exploring eBook Recommendations from Advanced Marathonning 2nd Edition
 - Personalized Recommendations
 - Advanced Marathonning 2nd Edition User Reviews and Ratings
 - Advanced Marathonning 2nd Edition and Bestseller Lists
5. Accessing Advanced Marathonning 2nd Edition Free and Paid eBooks

- Advanced Marathoning 2nd Edition Public Domain eBooks
- Advanced Marathoning 2nd Edition eBook Subscription Services
- Advanced Marathoning 2nd Edition Budget-Friendly Options
- 6. Navigating Advanced Marathoning 2nd Edition eBook Formats
 - ePub, PDF, MOBI, and More
 - Advanced Marathoning 2nd Edition Compatibility with Devices
 - Advanced Marathoning 2nd Edition Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Advanced Marathoning 2nd Edition
 - Highlighting and Note-Taking Advanced Marathoning 2nd Edition
 - Interactive Elements Advanced Marathoning 2nd Edition
- 8. Staying Engaged with Advanced Marathoning 2nd Edition
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Advanced Marathoning 2nd Edition
- 9. Balancing eBooks and Physical Books Advanced Marathoning 2nd Edition
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Advanced Marathoning 2nd Edition
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Advanced Marathoning 2nd Edition
 - Setting Reading Goals Advanced Marathoning 2nd Edition
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Advanced Marathoning 2nd Edition
 - Fact-Checking eBook Content of Advanced Marathoning 2nd Edition
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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