

## The Way Of The Runner A Journey Into The Fabled World Of Japanese Running

Flow State Runner offers a treasure trove of coaching guidance for runners of all levels. Jeff Grant writes in a personable, humorous and engaging style, sharing stories from ultra-running and life to reinforce his innovative and inspiring set of coaching concepts. Jeff draws upon his experience as an ultra-endurance athlete, yoga teacher, mental toughness coach, musician, and adventurer to deliver a refreshing look at running, with a host of new ideas and creative integration of a wide range of concepts that will make a lasting impact on your running. Flow State Runner aims to develop and activate a powerful coach's voice in your mind, teaching you how to: **ATTAIN** high quality, fulfilling running experiences **SET** the conditions for experiencing flow (in-the-zone performance) **INTEGRATE** the best physical, mental, and spiritual techniques to suit your needs and style **CONNECT** to your peak potential with breath training, potent visualization practices, and a compelling set of mental training tools **ENHANCE** your approach to training and racing with creative structure, immediately useful templates & lists, and helpful race day routines **PROACTIVELY ADDRESS** overload, stress, and balance While Flow State Runner is focused on running, many of Jeff's lessons transfer seamlessly and supportively into other areas of life.

From the best-selling author of *The Wind-Up Bird Chronicle* and *After Dark*, a rich and revelatory memoir about writing and running, and the integral impact both have made on his life. In 1982, having sold his jazz bar to devote himself to writing, Haruki Murakami began running to keep fit. A year later, he'd completed a solo course from Athens to Marathon, and now, after dozens of such races, not to mention triathlons and a slew of critically acclaimed books, he reflects upon the influence the sport has had on his life and—even more important—on his writing. Equal parts training log, travelogue, and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New York City Marathon and includes settings ranging from Tokyo's Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston among young women who outpace him. Through this marvellous lens of sport emerges a cornucopia of memories and insights: the eureka moment when he decided to become a writer, his greatest triumphs and disappointments, his passion for vintage LPs, and the experience, after the age of fifty, of seeing his race times improve and then fall back. By turns funny and sobering, playful and philosophical, *What I Talk About When I Talk About Running* is both for fans of this masterful yet guardedly private writer and for the exploding population of athletes who find similar satisfaction in distance running.

One man's search for meaning in life through running.

As a runner, your biggest asset (or sometimes your greatest enemy) is your brain. What you think and feel on and off the road also has a huge influence over how you perform once you lace up. *Runner's World The Runner's Brain* shows you how to unlock and capture the miraculous potential of the body's most mysterious and intriguing organ and rewire your mind for a lifetime of athletic success. The book is based on cutting-edge brain science and sports psychology that author Dr. Jeff Brown uses every day in his private practice and as part of the medical team of several major road races including the Boston Marathon. Full of fascinating insights from runners of all abilities—including champion marathoner Meb Keflezighi and other greats—the book includes trustworthy information that's been proven to work both in the lab and on the road.

Is your daily run starting to drag you down? Has running become a chore rather than the delight it once was? Then *The Happy Runner* is the answer for you. Authors David and Megan Roche believe that you can't reach your running potential without consistency and joyful daily adventures that lead to long-term health and happiness. Guided by their personal experiences and coaching expertise, they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best.

From his 1776 Pennsylvania homestead, thirteen-year-old Samuel, who is a highly-skilled woodsman, sets out toward New York City to rescue his parents from the band of British soldiers and Indians who kidnapped them after slaughtering most of their community. Includes historical notes.

An updated guide specifically aimed at the growing population of women runners considers the challenges and problems faced by women when running, from clothing, injuries, safety, and nutrition to running during pregnancy and menopause, and includes expert advice on nutrition, weight loss, body image, and more for women of all fitness levels. Original.

The undisputed classic of running novels and one of the most beloved sports books ever published, *Once a Runner* tells the story of an athlete's dreams amid the turmoil of the 60s and the Vietnam war. Inspired by the author's experience as a collegiate champion, the novel follows Quenton Cassidy, a competitive runner at fictional Southeastern University whose lifelong dream is to run a four-minute mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school's athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history. A rare insider's account of the incredibly intense lives of elite distance runners, *Once a Runner* is an inspiring, funny, and spot-on tale of one individual's quest to become a champion.

*Building A Better Runner* is your ultimate guide to distance running. Whether you are a teenager who enjoys running the mile, a hobby runner who wants to be fitter and faster, or a high-level athlete aiming for Olympic gold, this book has training tips and plans to suit your needs. There is a specific way that the body improves. If the right phases of training are used at the right times, then an athlete (from a beginner or hobby runner to an elite, high-level runner) can benefit from this scheduling. By using a scientific method developed by author and runner Terry Hamlin, this book utilizes physiology, biochemistry, and periods of stress and recovery to create the most effective program for runners looking to better themselves athletically. Hamlin wants runners to understand how the body works on a kinetic and cellular level. Additionally, he hopes to help runners understand that it's possible to remove your frustration with not improving and make the sport of running an exciting, lifelong pursuit. Are you ready to run the distance?

Every runner knows how important it is to prevent an unfortunate bathroom accident midrun. This book can show you how. For any runner who wants a quick, easy reference guide to every running issue under the sun, look no further. With tips on training, nutrition, gear, motivation, health, and racing, *Runner's World How to Make Yourself Poop* is essential reading for runners who want to improve their performance. From "The Best Way to Tie Your Shoes" to "9 Tactics for Busting Out of a Running Rut" and everything in between, these short, easy-to-use tips from reliable experts are the perfect gift for any runner in your life.

Why are so many people drawn to running? Why is running the most common physical activity? What is it about running that empowers so many people? And how can runners harness that power to create a more meaningful life? *The Inner Runner* addresses these questions and a whole lot more. This book is not about how to get faster or run a marathon; rather, it explores how the simple act of putting one foot in front of the other helps you harness your creative powers. Learn about the psychological, emotional, cognitive, and spiritual benefits of running and introduce lifestyle changes based on the latest scientific research on running and its effects on hormones and the brain. As a nationally recognized running and fitness coach with a PhD in Exercise

Physiology, Jason Karp brings his expertise in science-based coaching to runners of all levels. He believes that running gives you a chance to discover, challenge, and bring out the best in yourself by impacting your creativity, focus, imagination, confidence, and health. Let The Inner Runner help you become not only a better runner, but a more creative, productive, and imaginative person. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Runner's World Complete Book of Beginning Running by Amby Burfoot is the newest addition to the heralded Runner's World series focuses exclusively on the concerns of the tens of thousands of new runners who take up the sport every year. Recognizing that newcomers to a sport need all the help they can get, Runner's World now devotes an entire book to guiding the beginning runner through those challenging first days, weeks, and months. Peppered throughout with motivating tips and advice from those who have been there, this much-needed volume presents a can't-fail program that is sure to help new runners feel and look better and have more energy and less stress. Inside you'll find:

- Information on nutrition and how to adjust your diet to fit your new running lifestyle
- Training advice, including how to use cross-training, stretching, and strength exercises to keep enthusiasm up, weight down, and fitness at an optimum level
- A special section for women runners

Written by the executive editor of Runner's World magazine and covering every problem the new runner may encounter—from choosing the right shoes to preventing injury to preparing for a race—this authoritative volume provides all the information and inspiration any novice requires to turn running into a healthy, lifetime pursuit.

Quit Stalling and Losing Steam with This Personal Health Guide Have you suffered from lethargy every time you try to cultivate a healthy habit? Do you start out strong with new diets, but ultimately return to your old habits within weeks or months? Are you frustrated by your lack of forward momentum? Are you tired of starting full on but then ultimately fizzling out? Then you need the help of Jonathan Cairns, author of *The Plant Based Runner: A Personal Guide to Running, Healthy Eating, and Discovering a New You*. This book isn't like any other running manual you've read. It's a hard-hitting, no-nonsense but compassionate look at how to finally break through to a healthier version of yourself and cultivate a diet that makes you look and feel better long-term. Woven from Cairns' personal story, the guide explores how to get from a path of subtle destruction to a path of health and wellness. It shows you how to take your first steps, and how to keep moving forward. It offers tips on how to become a better you, mentally and physically. Specifically, this book will teach you:

- Where motivation comes from and how you can get more of it
- The power of habit and how you can build ones that actually stick
- How gratitude plays into your daily routines
- The best place to start (it isn't where you think!)
- How to get your head in the game for real
- How to resolve the cognitive dissonance that comes with making real change
- Which recipes will help you feel healthy and well every hour of the day
- What runs Cairns has completed, and what you can learn from each
- The best resources and training plans to turn when in doubt
- Why it's so important that you make meaningful change now

At the end of the day, Cairns simply used running as his favorite tool to fitness and made a conscious decision to eat only what made him feel well - following rules that apply to almost any human. He sticks by the principle that food is either healing or harming us, and we need a guide to make better decisions, which is why all his recipes and running plans are enclosed. Everything is tried and tested by Cairns, from the simplest breakfast to the most elaborate post-workout meal. If you're tired of breaking down, stalling out and losing steam, it's time to make a better decision. It's time to implement simple changes that add up to incredible results. You deserve it. So don't wait. Buy this book NOW to change your life - quite literally step by step. Pick up your copy today by clicking the BUY NOW button at the top of this page!

With an exuberant mix of passion, insight, instruction, and humor, best-selling author—and lifelong runner—Martin Dugard takes a journey through the world of running to illustrate how the sport helps us fulfill that universal desire to be the best possible version of ourselves each and every time we lace up our shoes. *To Be a Runner* represents a new way to write about running by bridging the chasm between the two categories of running books: how-to and personal narrative. Spinning colorful yarns of his running and racing adventures on six continents—from competing in the infamous Raid Gauloises to coaching his son's high school cross-country team—Dugard considers what it means to truly integrate the activity into one's life. For example, how the simple act of buying a new pair of running shoes can be a source of meaning and hope. As entertaining as it is provocative, *To Be a Runner* is about far more than running: It is about life, and how we should live it.

“A Runner’s High wakes up the appetite to run long distances. Dean takes us on a lifelong journey of ultramarathons, through the ups and downs, the friendships and lonely moments, and the struggles and rewards of each race. Dean writes in a direct and intimate way that keeps us reading like he runs—without stopping.”—Kilian Jornet, author of *Above the Clouds* and world champion ultramarathoner

“A Runner's High is a powerful narrative on life, running and finding meaning through perseverance. Every runner should read this book.”— Jason Koop, Coach and bestselling author New York Times bestselling author and ultramarathoning legend Dean Karnazes has pushed his body and mind to inconceivable limits, from running in the shoe melting heat of Death Valley to the lung freezing cold of the South Pole. He’s raced and competed across the globe and once ran 50 marathons, in 50 states, in 50 consecutive days. In *A Runner’s High*, Karnazes chronicles his extraordinary adventures leading up to his return to the Western States 100-Mile Endurance Run in his mid-fifties after first completing the race decades ago. The Western States, infamous for its rugged terrain and extreme temperatures, becomes the most demanding competition of Karnazes’s life, a physical and emotional reckoning and a battle to stay true to one’s purpose. Confronting his age, his career path, and his life choices, we see Karnazes as we never have before. For Karnazes, the running experience is about the runner and the trail. It is not the sum of achievements but a story that continues to be told each day, with each step. *A Runner’s High* is at once an endorphin-fueled adventure and a love letter to the sport from one of its most celebrated ambassadors that will leave both casual and serious runners cheering.

Do you think running sucks? Do you think you're too fat to run? Look no further, *Not Your Average Runner* is for everyone. With humor, compassion, and lots of love, Jill Angie delivers the goods: overcoming the challenges of running with an overweight body and giving individuals self-esteem an enormous boost in the process. This isn't a guide to running for weight loss, or a simple running plan. It shows readers how a woman carrying a few (or many) extra pounds can successfully become a runner in the body

she has right now. Jill Angie is a certified running coach and personal trainer who wants to live in a world where everyone is free to feel fit and fabulous at any size. She started the Not Your Average Runner movement in 2013 to show that runners come in all shapes, sizes and speeds, and, since then, has assembled a global community of revolutionaries that are taking the running world by storm. If you would like to be part of the revolution, flip to the inside and find out more!

'The most beautiful book I ever read.' – Rune Larsson, ultra-distance runner Markus Torgeby was just 20 years old when he headed off into the remote Swedish forest to live as a recluse and dedicate himself to his one true passion: running. He lived in a tent in the wilderness, braving the harsh Swedish winters – for four years. This is his story. An international bestseller, this extraordinary book is a powerful exploration of running, resilience, loss, and self-discovery. A talented long-distance runner in his teens, Markus Torgeby excelled in training, but often failed inexplicably in competition. Pressurised by his coach and consumed by the suffering of his MS-afflicted mother, he chose to do something that most of us only dream of: escape the modern world. In his stripped-back lifestyle in the woods, surviving with the bare minimum of supplies and enduring extreme cold, he found salvation and ultimately his true direction in life.

Running can shape a young athlete in healthy, positive ways for the rest of her life. Girls Running offers the guidance and tools girls need to thrive on their running journey, right from the start. With straight talk on training, physiology, menstruation, sports nutrition, a winning mindset, body image issues, gear, team-building, and competition, Girls Running educates and empowers young runners to achieve their potential and love running more. Inspired by high-school phenom Melody Fairchild's groundbreaking running journey, and with the coaching insight from Fairchild and coauthor Elizabeth Carey, Girls Running is a valuable toolkit for middle- and high-school runners. Backed by science, research, and over 100,000 miles of experience, this resource answers the most timely and sensitive questions that girls face when their bodies change and the miles increase. Girls, parents, and coaches will see ways to navigate puberty, mental health, eating disorders, and the pressures of competitive running. Girls Running is a go-to guide for everything girls need to know to run better—and love the journey while doing it!

From a school girl running the streets of London to a world record-breaking athlete racing on mountains and toughest races, long-distance runner Lizzy Hawker is an inspiration to anyone who would like to see how far they can go, running or not. This is the complete story of Lizzy's journey, uncovering the physical, mental and emotional challenges that runners go through at the edge of human endurance. Scared witless and surrounded by a sea of people, Lizzy Hawker stands in the church square at the centre of Chamonix on a late August evening, waiting for the start of the Ultra Trail du Mont Blanc. The mountains towering over the pack of runners promise a grueling 8,600 metres of ascent and descent over 158 kilometres of challenging terrain that will test the feet, legs, heart and mind. These nervous moments before the race signal not just the beginning of nearly twenty-seven hours of effort that saw Lizzy finish as first woman, but the start of the career of one of Britain's most successful endurance athletes. She went on to become the 100km Women's World Champion, win the Ultra Trail du Mont Blanc an unprecedented five times, hold the world record for 24 hours road running and become the first woman to stand on the overall winners' podium at Spartathlon.

Lizzy's remarkable spirit was recognised in 2013 when she was a National Geographic Adventurer of the Year.

An electrifying look inside the wild world of extreme distance running. Once the reserve of only the most hardcore enthusiasts, ultra running is now a thriving global industry, with hundreds of thousands of competitors each year. But is the rise of this most brutal and challenging sport—with races that extend into hundreds of miles, often in extreme environments—an antidote to modern life, or a symptom of a modern illness? In *The Rise of the Ultra Runners*, award-winning author Adharanand Finn travels to the heart of the sport to investigate the reasons behind its rise and discover what it takes to join the ranks of these ultra athletes. Through encounters with the extreme and colorful characters of the ultramarathon world, and his own experiences of running ultras everywhere from the deserts of Oman to the Rocky Mountains, Finn offers a fascinating account of people testing the boundaries of human endeavor.

The incredible, inspiring, and heartbreaking story of a phenomenal long-distance runner's race against insurmountable odds and his own demons. The mystery man threw off his disguise and started to run. Furious stewards gave chase. The crowd roared. A legend was born. Soon the world would know him as "The Ghost Runner," John Tarrant, the extraordinary man whom nobody could stop. As a hapless teenage boxer in the 1950s, he'd been paid 17 pounds in expenses. When he turned to distance running, he found himself banned for life. His amateur status had been compromised. Forever. Now he was fighting back, gate-crashing races all over Britain. No number on his shirt. No friends in high places. Soon he would be a record-breaker, one of the greatest long-distance runners the world had ever seen. This is his story.

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

"Powerful and affecting. Hillary is an indomitable force." — Dean Karnazes In 2017, world-class ultrarunner Hillary Allen was at the top of her sport--and it felt like she was running on top of the world as she competed in Norway's Tromsø Skyrace. Allen was nearly halfway through the 50-kilometer race when she fell 150 feet off an exposed ridge, fracturing her back and breaking multiple ribs, both feet, and both of her lower arms. Beginning with the dramatic story of her accident and rescue, *Out and Back: A Runner's Story of Survival Against All Odds* recounts Allen's fight to return to the life she loves. With vulnerability that reveals remarkable strength and introspection that yields wisdom, Allen shares the story of her recovery both physically and mentally, and hard-earned knowledge that the path forward is not always linear, that healing takes time, and that the process of rediscovery is ongoing as she learns what it takes to survive--and thrive. *Out and Back* is an inspiration to anyone who knows what it means to reclaim and rebuild your life, one day and one step at a time.

Over 21 million copies sold worldwide

A killer forces young women to run for their lives.

LONGLISTED FOR THE WILLIAM HILL SPORTS BOOK OF THE YEAR AWARD 2021 LONGLISTED FOR THE RSL ONDAATJE PRIZE 2021 'Inspiring' The Guardian 'Excellent' Runner's World 'Fascinating' Publishers Weekly 'Brilliant' Ed Vaizey 'Through reading this book you will come to understand that the heart and soul of running are to be found in Ethiopia.' Haile Gebrselassie 'Engaging, warm and humane... A delight' TLS 'Full of wonderful insights and lessons from a world where the ability to run is viewed as something almost mysterious and magical.' Adharanand Finn, author of *Running with the Kenyans* 'Ethiopia is a place where I have been told that energy is controlled by angels and demons and where witchdoctors can help you to acquire another runner's power. It is a place where an anonymous runner in the

forest told me, miming an imaginary scoreboard and with a completely straight face, that he had dreamt that he would run 10km in 25 minutes. It is a place where they tell me that the air at Mount Entoto will transform me into a 2.08 marathon runner. It is a place, in short, of wisdom and magic, where dreaming is still very much alive.' Why does it make sense to Ethiopian runners to get up at 3am to run up and down a hill? Who would choose to train on almost impossibly steep and rocky terrain, in hyena territory? And how come Ethiopian men hold six of the top ten fastest marathon times ever? Michael Crawley spent fifteen months in Ethiopia training alongside (and sometimes a fair way behind) runners at all levels of the sport, from night watchmen hoping to change their lives to world class marathon runners, in order to answer these questions. Follow him into the forest as he attempts to keep up and get to the heart of their success.

Every mother runner has a tale to tell. A story about how she realized, fifteen years after being told that she's best being a bookworm, that there is an athlete inside her. Or the one about how she, fifty pounds overweight and depressed, finally found the courage—and time—to lace up her running shoes. Or maybe it's about setting a seemingly impossible goal—going under two hours in the half-marathon—and then methodically running that goal down and tearing up across the finish line. Or it might be an account of friendship: she was new to town, was having a hard time making friends, was asked to join a group run, and now she's got four BRFs (best running friends) who are her allies, her cheerleaders, her reality checks. Maybe it's just a simple story of the beauty of starting the day off with an endorphin rush. Or, sadly, it could be about how, through the guidance of a thoughtful running friend, she found the space and rhythm to process being raped—and regained her strength and sense of self through every footstep. In *Mother Runners*, elite runners Dimity McDowell and Sarah Bowen Shea share not only their own stories of personal triumph on the pavement but also the inspiring stories of many members of the vibrant mother runner community they've built on their popular site, *Run Like a Mother*. While the common theme is running, the variations that happen through the miles are as endless as the miles themselves: losing weight, gaining confidence, finding yourself, connecting with friends, expecting more, setting goals, dealing with disappointment, figuring out how to train efficiently, clearing your head, reconnecting with your memories, building a better you. Whether you've run more marathons than you can remember, or you're just getting started, you'll find the inspiration you need to get out there, keep pushing, and run like a mother.

In this first book in a young adult fantasy series, sixteen-year-old Dara Adengard would rather read graphic novels than do her homework and prefers the freedom of skateboarding to the restrictions of life with her military father. Stung by the recent death of her mother, Dara conceals her mom's picture under a square of grip tape on her skateboard. But no matter how much Dara tries to keep a foothold on the past, she can't ride away from her own destiny. One evening, she discovers a silver and gold armband with mysterious powers in the shadowy water of the swimming pool. Forged from an ancient meteorite metal, it possesses the power to heal or wound. When Dara holds it, it emits a magic light that seems to have been ignited by a star's ray. Moments later, she is stunned to find that someone's broken into her apartment, her father has vanished, and a dead body lies sprawled in the courtyard. Evading the police, Dara escapes on a perilous quest for her father, begins to uncover her mother's hidden past, and starts to realize the shocking truth about herself. Accompanied by a stray dog, Dara soars to sudden fame on the wings of a YouTube video that shows her like a shaman, using the Jyotisha to heal the handsome Diego of a gunshot wound. When the video goes viral, a famous TV talk show personality connects with her, and Dara is propelled from homeless runaway to worldwide sensation. *Light Runner* is the first installment in this fast-paced and gripping young adult fantasy series for teens. Dara is a brave and clever female protagonist, as she learns to sidestep the temptations of both magic and fame. Set in back streets of Los Angeles, *Light Runner* is an engaging contemporary fantasy for boys and girls alike.

Part sport and part exercise, running boosts health, longevity, and mental well-being. However, running is a demanding activity that can potentially tax the runner's body and mind. Therefore, possessing durability for running--a fusion of toughness and flexibility--is desirable to enhance a runner's physical and mental experience. This book--the first of its kind to combine corrective exercise, self-myofascial release, and yoga--empowers runners with measures to avoid unnecessary pain, injury, and burnout. It is a comprehensive guide to creating a simple and efficient system of personalized supplemental training in which runners learn to identify and address areas of imbalance and overuse. These training methods increase strength, stability, mobility, and resiliency, and require as little as 15 minutes per day to implement. (For each technique, the author has produced a video, and live links are included in the enhanced ebook edition.) Runners can decrease the risk of injury, improve running performance, and maintain joint health. The result: a more durable body and mind that will support your running--and your life--for years to come.

Mental toughness is a must for success in endurance running. But who can afford to hire a sports psychologist to learn the fundamentals necessary to succeed? This book will help you uncover your mental skills and teach you techniques to strengthen your mental toughness. It contains detailed sections on motivation, performance anxiety, athletic pain, and race strategy. You will learn the mental skills necessary to better motivate yourself, overcome pain, perform better in races, and gain more enjoyment from running. In short, it will help you become the best runner you can be.

Written by marathoner and Triathlon Hall of Fame inductee, Sally Edwards, *Be A Better Runner* addresses every possible concern from posture and form to nutrition, footwear and race strategy. You'll learn how to adapt running mechanics such as stride and pacing to your body type and fitness level while specific training regimens prepare you for any type of running event including sprints, distance runs, and marathons. Co-authored with Carl Foster, the former President of the American College of Sports Medicine, *Be A Better Runner* Every features the latest research in the science of running. You'll learn the latest strategies to boost your performance, train more effectively, and aid post-workout recovery. The latest research on special concerns such as running after age 40, during pregnancy, overtraining in younger runners and preventing amenorrhoea in female distance runners is also highlighted.

Welcome to Japan, the most running-obsessed nation on earth, where: a long-distance relay race is the country's biggest

annual sporting event; companies sponsor their own running teams, paying the athletes like employees; and marathon monks run a thousand marathons in a thousand days to reach spiritual enlightenment. Adharanand Finn - award-winning author of *Running with the Kenyans* - moved to Japan to discover more about this unique running culture and what it might teach us about the sport and about Japan. As an amateur runner about to turn forty, he also hoped find out whether the Japanese approach to training might help him keep improving. What he learned - about competition, about team work, about beating your personal bests, about form and about himself - will fascinate anyone who is keen to explore why we run, and how we might do it better.

Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the Wall Street Journal and featured twice in six months in cover stories in *Runner's World* magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the "3 plus 2" program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed -2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, *Runner's World* executive editor and Boston Marathon winner, calls the FIRST training program "the most detailed, well-organized, and scientific training program for runners that I have ever seen."

"Whether running is your recreation or your religion, Adharanand Finn's incredible journey to the elite training camps of Kenya will captivate and inspire you, as he ventures to uncover the secrets of the fastest people on earth." -- cover p. 4.

Living with his alcoholic father on a broken-down sailboat on Puget Sound has been hard on seventeen-year-old Chance Taylor, but when his love of running leads to a high-paying job, he quickly learns that the money is not worth the risk. Reprint.

Japan is the most running-obsessed country on earth. A 135-mile relay race, or "ekiden," is the country's biggest annual sporting event. Thousands of professional runners compete for corporate teams in some of the most competitive races in the world. The legendary "marathon monks" run a thousand marathons in a thousand days to reach spiritual enlightenment. Yet so much of Japan's running culture remains a mystery to the outside world. Adharanand Finn, the award-winning author of *Running with the Kenyans*, spent six months immersed in this one-of-a-kind running culture to discover what it might teach us about the sport and about Japan. As an amateur runner about to turn 40, he also hoped to find out whether a Japanese approach to training might help him run faster. What he learns—about competition, team work, form, chasing personal bests, and about himself—will fascinate and surprise anyone keen to explore why we run and how we might do it better.

Charlie's father is dead, and although his mother insists he stay in school, Charlie has no patience for the classroom. All he wants is to make money, to give his mother and baby brother a better life. So when he catches the eye of Squizzy Taylor, a notorious mobster, and is offered a job as Squizzy's courier, it doesn't take Charlie long to accept—even if he has to go against his own mother's wishes. At first, the job's a thrill—running with messages, illegal liquor, whatever Squizzy orders. It fills Charlie with power. But then come the not-so-savory parts of the job. Collecting Squizzy's debts. Dodging Squizzy's enemies. The very real dangers of the streets. And at some point Charlie has to ask himself—how long before running for a better life means cutting his life short?

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, *Runner's World 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.

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