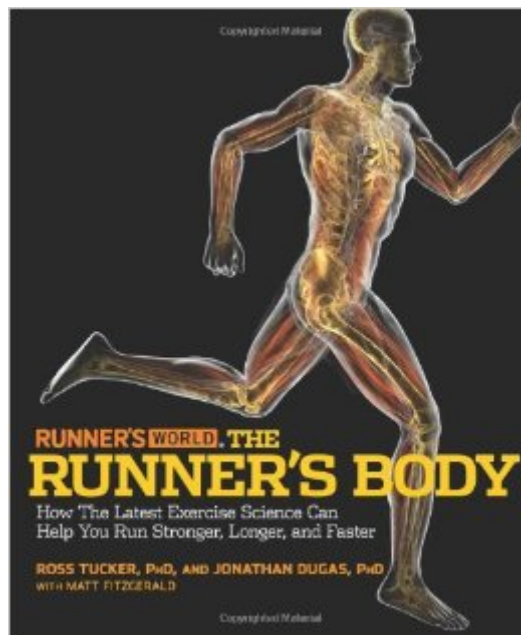


The book was found

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



Synopsis

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

Book Information

Paperback: 288 pages

Publisher: Rodale Books (May 12, 2009)

Language: English

ISBN-10: 1605298611

ISBN-13: 978-1605298610

Product Dimensions: 7.5 x 0.8 x 9.1 inches

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

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

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

Customer Reviews

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

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

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