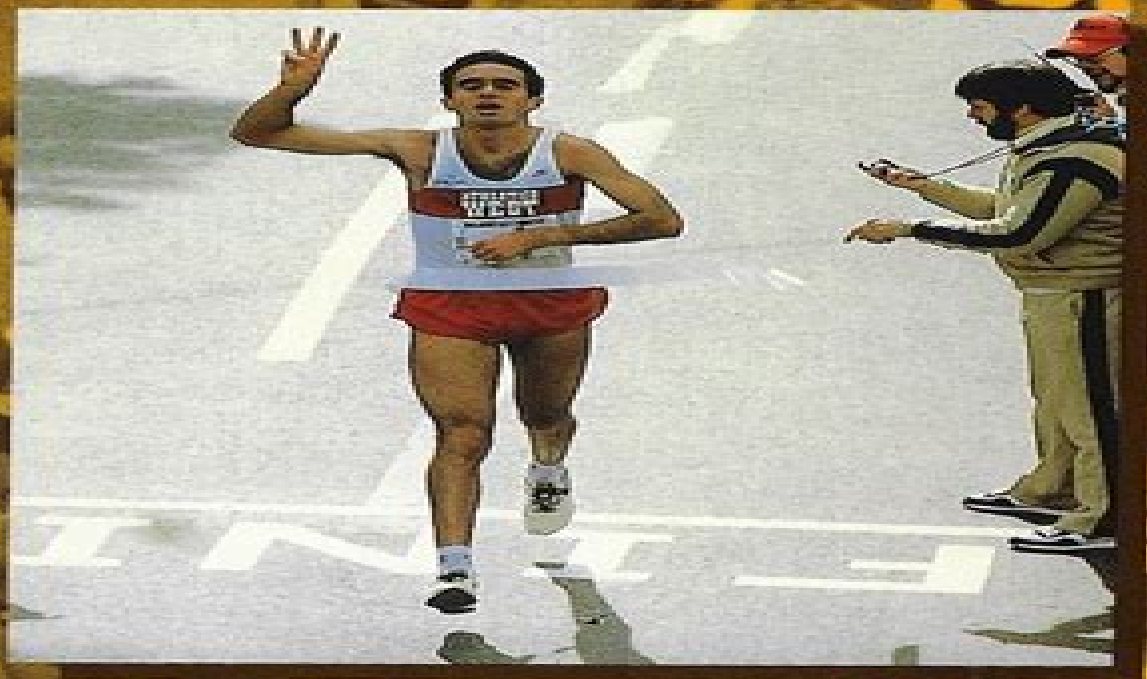


DE MARATHON

François Péronnet e.a.

Volledige informatie over de
marathon en andere afstandlopen



De Marathon Volledige Informatie Over De Marathon En Andere Afstandlopen

Steve Trew



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Brinkman's cumulatieve catalogus van boeken, 1989 **De marathon**, 1988 **Brinkman's catalogus van boeken en tijdschriften**, 1992 With 1901 1910 1956 1960 Repertorium is bound Brinkman's Titel catalogus van de gedurende 1901 1910 1956 1960 Title varies slightly **The Complete Idiot's Guide to Marathon Training** David Levine, Paula

Petrella, 2011-05-03 A comprehensive guide to get you ready for race day According to the rule books a marathon is 26.2 grueling yet exhilarating miles Millions of people run marathons around the world Many more millions dream of doing it But novice or veteran runners marathons require training and plenty of it Certified marathon coach David Levine and dedicated marathoner Paula Petrella know how to get anyone in shape for the race and share the entire procedure in clear jargon free language Includes dozens of instructional photos Practical advice that addresses the needs of men and women of all ages

Marathon Ulrich Pramann, 1999 **The Olympic Marathon** David E. Martin, Roger W. H. Gynn, 2000 No Olympic event can rival the rich history and grand spectacle of the marathon Created for the first modern Olympic Games in Athens in 1896 as a commemoration of the legendary run by the Greek messenger Philippides the race has endured like no other producing a century of awe inspiring competition and unforgettable stories The Olympic Marathon brings the high drama and rich details of the past 24 Olympic marathon races to life in a way no other book ever has This definitive resource written by world renowned Olympic marathon experts David Martin and Roger Gynn goes beyond statistics to offer readers a vivid chronicle of the athletes and their memorable marathon performances Fans will relive the compelling moments that have made the Olympic marathon legendary Spiridon Louis winning the first modern Olympic marathon in Athens in 1896 Emil Zetsek's dramatic triple gold performance in 1952 Ethiopian Abebe Bikila winning a gold medal while running barefoot Joan Benoit Samuelson earning her place in history as winner of the first Olympic women's marathon in 1984 and many other fascinating stories For each race The Olympic Marathon provides the following A summary of the geographical setting and political climate surrounding the Olympic Movement A course map and detailed street description A step by step narrative of how the race was run Biographical sketches of the top three finishers A Looking Ahead section which summarizes marathon highlights leading up to the next Olympic marathon Generously illustrated often with rare and never before published photos a pictorial glimpse is provided into the contemporary atmosphere and dynamics of each race Plus for readers who want complete statistics on each race the book provides a comprehensive appendix Included are chronological and alphabetical race results for all men and women who participated in the event and listings of the fastest men's and women's Olympic marathon performances The Olympic Marathon is the authoritative book on the race that has captured the imagination of the world It's a one of a kind resource that every fan of running and the Olympics will treasure **The Complete Running and Marathon Book** DK, 2014-02-06 A one stop guide for any aspiring runner including everything you need to know whether you're doing your first run or your first marathon The Complete Running and Marathon eBook covers all the essential topics

around running and much more from choosing the right footwear to eating right and warming up Are you aiming to run a race such as a 5K 10K half marathon or marathon Train efficiently with one of the specific programmes for your distance Invaluable tips can help you to gain a vital competitive edge whether you re competing against other runners or your own personal best from goal setting and motivation to running psychology and race tactics Assess and develop your technique under clear no nonsense guidance with detailed visuals to help you understand what your body is going through Key pre and post run step by step stretches help you to protect yourself from injury and core and resistance training exercises can help you to run faster and further The Complete Running and Marathon eBook is perfect for any new or aspiring runner looking to go the distance

Marathon and Half Marathon Marnie Caron,Sport Medicine Council of British Columbia,2006 The complete 26 week training program Cover

The Complete Running & Marathon Book ,2016 *The Runner's World Big Book of Marathon and Half-Marathon Training* Amby Burfoot,Bart Yasso,Pamela Nisevich Bede,Jennifer Van Allen,Editors of Runner's World Maga,2012-06-05 The first dedicated book on marathon and half marathon training from the renowned experts at Runner s World Runner s World Big Book of Marathon and Half Marathon Training gives readers the core essentials of marathon training nutrition injury prevention and more The editors of Runner s World know marathon training better than anyone on the planet They have spent the last few years inviting readers to share the long sweaty journey to the starting line putting themselves on call to personally answer readers questions 24 7 This book includes testimonials from real runners more than 25 training plans for every level and ability workouts a runner s dictionary and sample meal plans Runner s World Big Book of Marathon and Half Marathon Training is a powerful and winning resource the ultimate tool kit for anyone who wants to get from the starting line to the finish line

The Never-ending Run. The Complete Guide to the New York City Marathon: the History, the Race, the Info, the Tips, and the Wonders of the Most Famous Marathon in the World Lorenzo Maria Dell'Uva,2025

Marathon Hal Higdon,2006 Whether you re planning to run your first marathon or determined to slice a few minutes off your best time this is the book to read Hal Higdon senior writer at Runner s World has been running and writing about marathons for over forty years Use his informative and detailed book to tap into his vast personal expertise plus that of dozens of coaches exercise physiologists marathon runners and other top running authorities Full of sound training advice for runners of all levels this is a must read for anyone who wants to maximise his or her performance

The Complete Guide to Marathon Walking Dave McGovern,World Class Publications,2000-07

Marathon Running: Physiology, Psychology, Nutrition and Training Aspects Christoph Zinner,Billy Sperlich,2016-03-19 The book contains recent research about physiology psychology nutrition and training aspects of Marathon Running of different age gender and performance level The basic knowledge of marathon running with explanations of the physiological and psychological mechanisms induced by marathon training with the associated adaptations and subsequent improved physiological capacities are presented in a reader friendly format for researchers and

practitioners The book includes a full range of useful practical knowledge as well as trainings principles to guide the reader to run marathon faster After reading the book the reader is able to develop training plans and owns the knowledge about up to date scientific results in the fields of physiology psychology nutrition in marathon running Faster Road Racing Pete Pfitzinger, Philip Latter, 2014-11-24 Set PRs in the most popular race distances Renowned running authority coach and best selling author Pete Pfitzinger teams with Philip Latter senior writer for Running Times in this must have training guide for the most popular race distances including the 5K 10K and half marathon Faster Road Racing 5K to Half Marathon presents easy to follow programs proven to give you an edge in your next race You ll discover detailed plans for race specific distances as well as expert advice on balancing training and recovery cross training nutrition tapering and training over age 40 And for serious runners who compete in numerous races throughout the year Pfitzinger s multi race multi distance training plans are invaluable Faster Road Racing is your all inclusive resource on running your fastest at distances of 5K 8K to 10K 15K to 10 miles and the half marathon **Marathon** Clarence DeMar, 1937 **The American marathon** Pamela Lynne Cooper, 1999

Hansons Marathon Method Humphrey Luke, 2012-11-27 In Hansons Marathon Method the coaches of the Hansons Brooks Distance Project reveal the methods they ve used to turn their runners into race winners national champions and Olympians Hansons Marathon Method offers a radical overhaul of marathon training that promises to turn any runner into a true marathoner and help experienced marathoners set new personal bests Hansons Marathon Method does away with mega long runs and high mileage weekends two outdated traditions that make most runners miserable Instead runners using the Hansons method will gradually build up to the moderate high mileage required for marathon success spreading those miles more sensibly throughout the week Running easy days mixed with precisely paced speed strength and tempo workouts runners will steel their bodies and minds to run the hardest miles of the marathon Both Beginner and Advanced training programs feature the unique Hansons 16 mile long run which as part of the Hansons program is ideal for preparing the body for the marathon Humphrey explains how runners should set their goal race pace and shows how to customize the Hansons method to their own needs like adding extra racing running more miles and handling training interruptions Detailed nutrition and hydration chapters help runners pinpoint their personal energy and hydration needs so they know precisely how much to eat and drink during workouts race week race day and for recovery The Hansons approach to pacing and nutrition means marathoners will never hit the wall Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the nation Using this innovative approach runners will mold real marathon muscles train their body to never hit the wall and prepare to run their fastest marathon *Overthinking the Marathon* Ray Charbonneau, 2013 Overthinking the Marathon is an intimate look at one man s preparation for his 21st marathon Reading Overthinking the Marathon is like having Ray as your partner for a season of training 17 weeks that culminate in the 2012 Cape Cod Marathon Some days Ray talks about the nitty gritty details other days it s about the things

that make running interesting and fun even no especially when it hurts Training for his marathon is important to Ray but he leavens his obsessiveness with a dry humor that acknowledges that one mid packer s race isn t going to change the world Ray Charbonneau insists he hasn t written a marathon guide and he s right Instead he s loaning himself out as a thoughtful veteran and funny training partner You couldn t find a better one as you get ready for your next 26 2 miler Amby Burfoot 1968 Boston Marathon winner and Editor At Large Runner s World Marathon running is the easy part It s the thinking that s the challenging part for the long distance runner Ray shares his internal dialogue with us as he readies himself for one more attempt at 26 2 Dave Goodrich the Marathon Maine iac Marathon Maniac 238 Ray is the opposite of me he s speedy understands math and cares about the weather I have instructed his cat to keep him awake until he agrees to pace me Vanessa Rodriguez author of The Summit Seeker Memoirs of a Trail Running Nomad Marathon and Half-Marathon Running Steve Trew,2014-06-30 Crowood Sports Guides provide sound practical advice that will make you into a better sportsperson whether you are learning the basic skills discovering more advanced techniques or reviewing the fundamentals of your sport Contents include the history of the marathon and the myths that have grown around it the big races and practical advice on how to enter deciding on what type of event is right for you correct shoes and clothing how to form a training schedule and train progressively building up mileage for your first event a discussion of tapering and race preparation and the correct nutrition and hydration for your race tips for achieving a positive mental attitude dealing with injury progression onwards from your first marathon or half marathon Aimed at beginner to intermediate runners and superbly illustrated with over 200 colour photographs

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