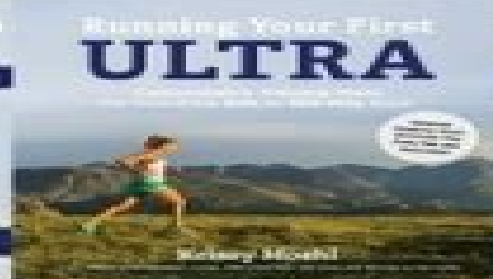


Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-mile Race

Running Your First ULTRA



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Moehl, 2022-03-08 Updated and expanded new edition An Updated Interactive Guide to Take Your Running to the Next Level With 20 years of running and competing around the world under her belt Krissy Moehl is a top female ultramarathon runner respected by her peers and an inspiration to runners everywhere With enhanced chapter information quotes from pillars in the sport and her updated training plans including write in running logs to keep track of progress you ll be able to train for your first ultra like a pro Moehl s experience translates into the most effective and easy to follow training method broken down into phases to help all runners take it to the next level and accomplish their goals She will guide you on everything from choosing the right race for you to injury prevention and picking the right gear She also shares her love of the sport by providing helpful tips bonus content and personal stories With this book you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon

InfoWorld ,1998-12-21 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects Meet the Kinect Sean Kean,Jonathan Hall,Phoenix Perry,2012-05-10 Meet the Kinect introduces the exciting world of volumetric computing using the Microsoft Kinect You ll learn to write scripts and software enabling the use of the Kinect as an input device Interact directly with your computer through physical motion The Kinect will read and track body movements and is the bridge between the physical reality in which you exist and the virtual world created by your software Microsoft s Kinect was released in fall 2010 to become the fastest selling electronic device ever For the first time we have an inexpensive three dimensional sensor enabling direct interaction between human and computer between the physical world and the virtual The Kinect has been enthusiastically adopted by a growing culture of enthusiasts who put it to work in creating technology based art projects three dimensional scanners adaptive devices for sight impaired individuals new ways of interacting with PCs and even profitable business opportunities Meet the Kinect is the resource to get you started in mastering the Kinect and the exciting possibilities it brings You ll learn about the Kinect hardware and what it can do You ll install drivers and learn to download and run the growing amount of Kinect software freely available on the Internet From there you ll move into writing code using some of the more popular frameworks and APIs including the official Microsoft API and the language known as Processing that is popular in the art and creative world Along the way you ll learn principles and terminology Volumetric computing didn t begin with the Kinect The field is decades old if you ve ever had an MRI for example you have benefitted from volumetric computing technology Meet the Kinect goes beyond just the one device to impart the principles and terminology underlying the exciting field of volumetric computing that is now wide open and accessible to the average person Popular Science ,2006-12 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to

be better and science and technology are the driving forces that will help make it better **Software and CD-ROM**

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personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured *InfoWorld* ,1995-03-27 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects *Popular Science* ,2004-12 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better *Los Angeles Magazine* ,2003-11 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian Men's Health ,2008-01 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Dr. Dobb's Journal** ,2007

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