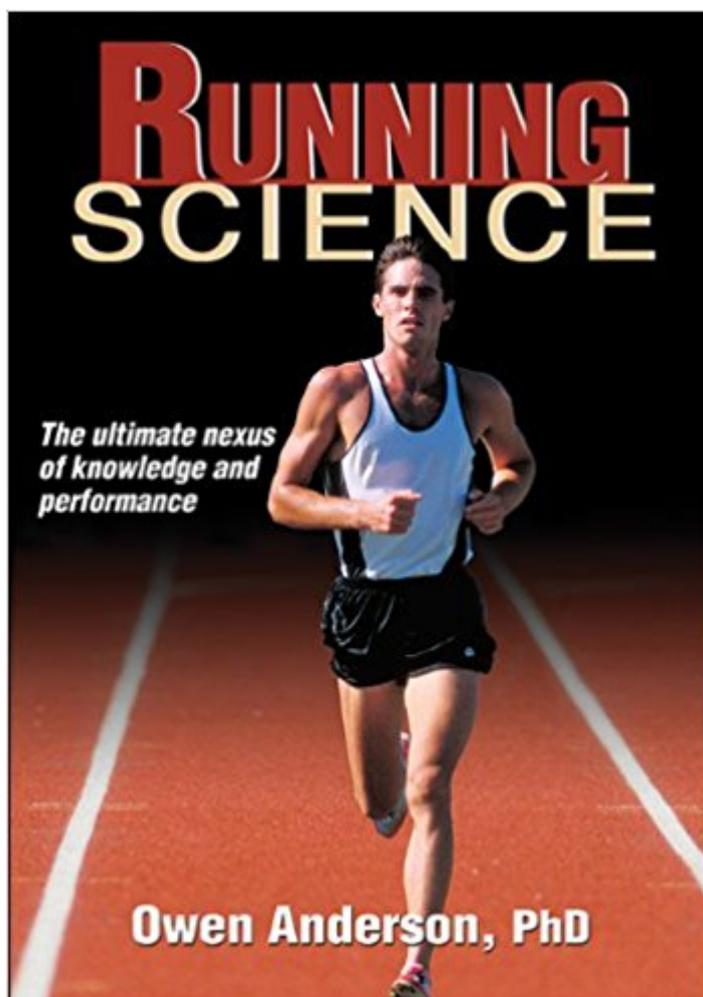


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# Running Science



## Synopsis

More than 50 years ago, New Zealand's Arthur Lydiard started using terms like base training, periodization, and peaking. His U.S. counterpart, Bill Bowerman, brought Lydiard's term for what until then had been called roadwork, or jogging, to the States. Soon after, the 1970s running boom started, spurred by exercise-advocating research from the growing fields of exercise science and sports medicine and from enthusiasts such as Jim Fixx, author of *The Complete Book of Running*. One of Bowerman's former runners at the University of Oregon, Phil Knight, saw to it that those millions of new runners had swoosh-adorning footwear designed specifically for their sport. The pace of knowledge enhancement and innovation has, in fact, been so brisk through the years that even highly informed runners could be excused for not keeping up, but no longer. *Running Science* is a one-of-a-kind resource:

- An easily comprehended repository of running research
- A wealth of insights distilled from great sport and exercise scientists, coaches, and runners
- A do-it-right reference for a host of techniques and tactics
- An array of the most credible and widely used training principles and programs
- Perhaps most of all, a celebration of the latest science-based know-how of running, now truly the world's most popular sport

Elite running coach Owen Anderson presents this comprehensive work in a compelling way for runners. A PhD and coach himself, Anderson has both a great enthusiasm for sharing what scientific studies offer the running community and a keen sense of what's really important for today's informed runners to know. v

## Book Information

Paperback: 608 pages

Publisher: Human Kinetics; 1 edition (July 5, 2013)

Language: English

ISBN-10: 073607418X

ISBN-13: 978-0736074186

Product Dimensions: 1 x 7.2 x 10.2 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (33 customer reviews)

Best Sellers Rank: #342,119 in Books (See Top 100 in Books) #115 in [Books > Sports & Outdoors > Other Team Sports > Track & Field](#) #577 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#) #621 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging](#)

## Customer Reviews

I've been holding off on a review for this book. There are some solid parts and some points he leaves out... This is a long one. I think science is both to the benefit and detriment to endurance training. I agree wholeheartedly with most of his statements in the short term, but have a few serious misgivings about the book and the benefit of science over experience when it comes to developing yourself as a runner in the long term. He does hit on one of the key points in developing an integrated approach to running, which is pure genius and should be integrated by everyone!!! Pros first: 1) I've always liked Dr. Anderson's style of writing. He's a blast to read and he makes the studies (of which my geeky self has read quite a few) lively instead of the dry, academic tones of the original. I have three of his barely published books in PDF format (lactate lift off, how do I become a better runner and great workouts), so many of the chapters in this book are repeats of what he wrote in those. It's good stuff, regardless, so it is forgiven. 2) The studies he cites are relevant. They make up a large part of the great studies over the past years in the lexicon of endurance study. They teach much. Normally, exercise physiology studies manage to confirm what runners/coaches have been doing for years, but there is now a shift for studies to recommend rather than confirm. 3) The guidance of the chapters and their organization are key. The order is good, but kind of ancillary to the sequence within the chapters. 4) The genius: I love his idea of integrating strength and endurance training is genius. It's a path I've pursued for years, and his addition is yet another way of doing it. It's genius.

Running Science by Dr. Owen Anderson is exactly what it claims to be: a science textbook on running. Anderson has reviewed a large chunk of (if not all of) the scientific literature on running published in the last 30 years and has come up with surprising results. With the data to back him, he dispels myriad common running beliefs, from the role that lactic acid plays in the muscles (it's not what you think) to the benefits of advances in running-shoe technology (next to nothing, as it turns out) to the effectiveness of the vaunted weekly long run (minimal value for increasing endurance). Indeed, the method of training he espouses in this book is almost certainly unlike anything you've ever come across. I was a competitive runner for a number of years, and I learned something new or had misconceptions challenged on nearly every page. A few notes to the potential reader: -This book is definitely written for the serious runner or perhaps medical student! A recreational runner could take and apply elements of Anderson's book to improve his or her training, but the book is really aimed at the runner who wants to maximize race times--and this is a goal not all runners share. -You won't find a series of training plans that you can pick from in this book. There is a

sample half-marathon plan, and that is it. However, if you read the book, you will have the knowledge to create your own, and Anderson does provide sample workouts at times in the body of the text. To his credit, he provides fully illustrated guides for all of his weight and form exercises.-You will need access to a gym with weights, a treadmill or indoor track, and possibly a pool or bike to really implement Anderson's training methodology.

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