

# EXPLOSIVE RUNNING



Using the  
Science of Kinesiology  
to Improve  
Your Performance

Michael Yessierli, Ph.D.

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# Explosive Running Using The Science Of Kinesiology To Improve Your Performance

**Vladimir Issurin**



## **Explosive Running Using The Science Of Kinesiology To Improve Your Performance:**

*Explosive Running* Michael Yessis, 2000 Dr Yessis a renowned fitness expert goes beyond miles and minutes as he breaks down the mechanics of running and offers exercises that specifically work the muscles used **Science of HIIT** Ingrid S. Clay, 2022-02-01 Train your way to a leaner stronger body in half the time or less Get ready to break a serious sweat with this scientific guide to HIIT training Discover everything you need to know to achieve the best results from your HIIT workouts by understanding the muscle action needed to perfect each exercise Inside the pages of this fitness book you ll explore the physiology of more than 90 essential HIIT exercises It is packed with Specially commissioned CGI artworks depicting all the main HIIT resistance exercises from burpees to plank jacks and variations that add or reduce the challenge CGI artwork features color coding to highlight how the muscles ligaments and joints engage stretch and relax to perform each exercise Training programs tailored to different abilities and goals provide suggested workouts with a progressive increase in challenges over weeks and months Easy to follow infographics help explain the hard science behind why HIIT training is so efficient and what beneficial physical adaptations it can bring High intensity interval training is a fantastic way to lose weight and get strong by performing very short bursts of targeted exercise Recent scientific research shows that HIIT is the most efficient form of exercise for raising fitness levels and increasing cardio respiratory health Science of HIIT reveals the facts to help you optimize the benefits of HIIT to your body and mind The clear CGI artwork details the mechanics of each exercise correct body posture the muscles involved and how they engage to perform movements You ll also learn the knowledge and tools needed to be able to create your own bespoke workouts This HIIT guide will completely transform your performance and help you smash your goals DK Publishing s Science of series helps readers discover the research and scientific theories behind exercise and sport It s perfect for training at home or the gym Other sport science books in this series include Science of Yoga and Science of Strength Training Basic Marathon Training Don Garber, 2004 Provides a guide to running a marathon including equipment training diet and injury prevention Block Periodization Vladimir Issurin, 2008 The purpose of this book is to introduce Block Periodization of sport training as a general concept and as the basis for a revamped training system *Forthcoming Books* Rose Arny, 2000 **Functional Kinesiology in Health and Performance** Elena Mainer Pardos, Hadi Nobari, Kelly Johnson, António José Figueiredo, 2024-05-29 The state of the world s health is critical Customers seek trustworthy healthcare professionals because the health industry is rife with contradicting information and out of date science Frequently students are still being taught out of date material and a variety of tools without any recommendations for practical application leaving them feeling overburdened perplexed and insecure Both of these issues were addressed by the invention of functional kinesiology Kinesiology is the application of the sciences of biomechanics anatomy physiology psychology and neuroscience to the study of human and animal movement performance and function It examines the mechanisms behind both human and animal movement with particular attention to the roles

played by the skeletal joint and muscular systems Moreover a foundation and practitioner training pathway is provided by functional kinesiology The foundation training employs Kinesiology muscle monitoring and the concepts to evaluate the body's energy systems and rebalance them with safe and effective physical electrical emotional and dietary procedures Sports practice has health benefits in youth and adulthood Functional kinesiology is about combining the techniques of kinesiology with cutting edge research in functional nutrition and functional medicine This method tries to work with the six pillars mentioned above for people to regain their health fully Among them are diet adrenals and stress sex hormones digestion and immune and emotional transformation Given the growing participation of athletes in team and individual sports worldwide it is necessary to analyze the effect of kinesiology protocols on health and performance To push forward innovative approaches this Special Issue calls for original articles systematic reviews or meta analyses that may substantially contribute to data analysis related to functional kinesiology performance and health This Research Topic pursues the following goals explicitly Review of studies related to functional kinesiology of athletes in teenagers and adults Review of studies on how athletes achieve better health or performance Review of studies on the quality of training load with bio motor ability and wellness variables

The British National Bibliography Arthur James Wells,2002 *A Physiologically-Based Approach to Study Different Types of Locomotion in Association with Core Performance* Erika Zemková,Magni Mohr,Dario Novak ,Tomas Maly,2024-11-11 Good posture and strong core muscles are essential for most athletic movements but also for everyday activities Among them walking and running require lumbo pelvic stability and mobility for efficient movement and high level performance This is especially important during a large range of trunk motions when changing the direction of movement an abrupt walk to run transition or extreme uphill and downhill walking or running Such repetitive trunk loading over time can contribute to occurrence of back problems and lower limb injuries To avoid these unwanted effects a novel approach to studying the physiology of locomotion in relation to spine motion and balance function is required This can provide a basis for designing exercise programs specifically tailored for competitive athletes the healthy general population as well as those suffering from movement disorders So far much effort has been devoted to investigating the biomechanical and physiological variations of locomotion including walking running swimming or hopping However a surprising gap in the evidence is to what extent core strength contributes to effective locomotor performance and a healthy back Studying the neurophysiological mechanisms underlying the control of postural and core stability with special reference to locomotion is therefore of great importance

*Strength and Conditioning in Football: Driving Physical Performance through Research and Innovation* Marco Beato,Chris J. Bishop, Anthony Nicholas Turner,2024-10-17 Modern sport depends on research and the advancement of science in order to achieve increments in performance and health promotion This is particularly true for football which is the most popular sport in the world Frontiers in Physiology and in Sport and Active Living recognize the importance of strength and conditioning in football and the necessity to facilitate debate and discussion amongst the sport science

community This Research Topic entitled Strength and Conditioning in football Driving physical performance through research and innovation aims to highlight themes that foster debate and discussion in the high performance football industry

**Men's Health** ,2008-01 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle      **Dynamic Human Anatomy 2nd Edition** Whiting, William C.,2019 Dynamic Human Anatomy Second Edition connects biomechanical movement with specific sports movements to provide an understanding of the body s anatomical structure and function      Modern Principles of Athletic Training Carl E. Klafs,Daniel D. Arnheim,1977

*Triphasic Training* Cal Dietz,Ben Peterson,2012-06 What is Triphasic Training It is the pinnacle of sports performance training Created by world renown coach Cal Dietz Triphasic Training breaks down dynamic athletic movements into their three components eccentric isometric and concentric and maximizes performance gains by applying stress to the athlete in a way that allows for the continuous development of strength speed and power Who uses Triphasic Training Everyone From elite level athletes to absolute beginners the triphasic method of training allows for maximal performance gains in minimal time For that reason professional athletes from all backgrounds seek out Coach Dietz each off season to train with his triphasic system Coach Dietz has worked with hundreds of athletes from the NFL NHL and MLB as well as several dozen Olympic athletes in track and field swimming and hockey What the book is about Triphasic Training was originally a digital book with over 3 000 hyperlinks and 6 hours of video lectures showing the reader exactly how to perform every exercise and apply the training methods To ensure that you do not miss out on this valuable component inside your book you will find a web link to a downloadable PDF that contains all of the hyperlinks and videos from the original digital book The PDF is laid out to allow you to easily follow along as you read the book Simply scroll in the PDF to the page that you are reading in the book and it will have every hyperlink and video that is on that page The book contains over 350 pages divided clearly into 2 parts the why and the what The first three sections go through the physiological basis for the Triphasic method undulated block periodization and general biological applications of stress The authors will explain how to incorporate the Triphasic methods into existing programs with complete descriptions on adapting it to virtually any scenario Sections 4 through 7 are devoted entirely to programming with over 3 000 exercises and 52 weeks of programs for numerous different sports Included in the programming section are Over 3 000 exercises each hyperlinked to a video tutorial that shows you exactly how to perform the exercise 5 separate 24 week training programs built for either 6 day 5 day 4 day 3 day or 2 day models Over 6 hours of video lectures by Coach Dietz further explaining the Triphasic Training method These lectures go even deeper into the physiology and application of what he does with his elite athletes Over two dozen tables showing exactly when and how to modify exercises to ensure continuous improvement in your athletes Peaking programs for football lineman or skill players baseball swimming volleyball and hockey players among others A complete 52 week training program for football

**Explosive Running** Michael Yessis,2012-04-01 Training for Runners      **Running Science** John Brewer,2018-02-14

Running is a deceptively simple sport. At its most basic you need only shoes and comfortable clothes, you don't mind getting sweaty. Yet each time you lace up, all your body's moving parts must work together to achieve a gait that will keep you injury free. Many other factors also affect your performance: from the weather and the surface you run on to your shoes, your diet, and even your mental and emotional state. Science plays an important role in most, if not all, of these factors. As a sports scientist and Running Fitness columnist, John Brewer has reviewed hundreds of scientific studies, and he offers runners the benefit of their findings in *Running Science*. Each chapter explores a different aspect of the sport through a series of questions. Many of the questions address practical matters: Do you really need to stretch? Which running shoes best suit your form and foot strike? Does carbo loading lore stand up to scientific scrutiny? Could a big bowl of spaghetti be the difference between a PR and a DNF? Other questions enhance appreciation for the incredible feats of the sport's great athletes: What would it take to run a two-hour marathon? Perfect weather, a straight flat course, competition, and a lot of luck. The answer to each question is presented in a straightforward, accessible manner, with accompanying infographics. Whether you're a beginner or a seasoned runner with many miles and medals behind you, *Running Science* is a must-have for anyone interested in the fascinating science behind the sport.

**The Science of Running** Steve Magness, 2014

Reviews of *The Science of Running*: *The Science of Running* sets the new standard for training theory and physiological data. Every veteran and beginner distance coach needs to have this on their bookshelf. Alan Webb, American Record Holder, Mile 3:46.91. For anyone serious about running, *The Science of Running* offers the latest information and research for optimizing not only your understanding of training but also your performance. If you want to delve deeper into the world of running and training, this book is for you. You will never look at running the same. Jackie Areson, 15th at the 2013 World Championships in the 5k, 15:12.5. 000m best. If you are looking for how to finish your first 5k, this book isn't for you. *The Science of Running* is written for those of us looking to maximize our performance, get as close to our limits as possible, and more than anything, find out how good we can be, or how good our athletes can be. In *The Science of Running*, elite coach and exercise physiologist Steve Magness integrates the latest research with the training processes of the world's best runners to deliver an in-depth look at how to maximize your performance. It is a unique book that conquers both the scientific and practical points of running in two different sections. The first is aimed at identifying what limits running performance from a scientific standpoint. You will take a tour through the inside of the body, learning what causes fatigue, how we produce energy to run, and how the brain functions to hold you back from super-human performance. In section two, we turn to the practical application of this information and focus on the process of training to achieve your goals. You will learn how to develop training plans and to look at training in a completely different way. *The Science of Running* does not hold back information and is sure to challenge you to become a better athlete, coach, or exercise scientist. In covering such topics as: What is fatigue? The latest research on looking at fatigue from a brain-centered view. Why VO2max is the most overrated and misunderstood concept in both the lab and on the track. Why zone

training leads to suboptimal performance How to properly individualize training for your own unique physiology How to look at the training process in a unique way in terms of stimulus and adaptation Full sample training programs from 800m to the marathon

**High-performance Sports Conditioning** Bill Foran,2001 This guide starts with a conditioning programme before tailoring the training exercises and drills to the development of sport specific performances The training programme is designed for peak performance during the competitive season

**Pliability for Runners** Joseph McConkey,2022-05-17 BOOST PERFORMANCE IMPROVE RESULTS AND AVOID INJURY ALL THROUGH BETTER PLIABILITY With over dozens of exercises and sport specific workout plans all backed by modern field tested science PLIABILITY FOR RUNNERS is the key to achieving optimum athletic performance while breaking the injury cycle Recreational runners cross country and track runners competitive road racers and professional athletes across the globe understand the critical importance of taking proper care of your body Without proper upkeep muscle fatigue repetitive motion injuries and the general wear and tear of day to day living takes its toll on our body making it less coordinated more restricted and less responsive to the demands of athletic activity Written by an exercise physiologist and coach at the Boston Running Center PLIABILITY FOR RUNNERS changes all that By offering a complete and thorough breakdown of improving your body s pliability runners of all skill and experience levels can take advantage of increased flexibility stronger muscle resilience and better performance during and after workouts Pliability is the key to running injury free and outperforming the competition Each year there are 50 60 million people in the US that run regularly with over 50% of them suffering a running injury Pliability the loosening softening and relaxing of muscles is in the midst of a major movement in the realm of professional sports physical therapy and health fitness to help offset these kinds of injuries PLIABILITY FOR RUNNERS also features targeted stretches and exercises perfect for every fitness level helping to improve Muscle strength Range of motion Explosive power Chronic muscle tension Endurance Flexibility PLIABILITY FOR RUNNERS is the breakthrough book that redefines running performance and injury prevention

**Running faster** Dave W. Murrie,2014-05-05 Increase your speed for sport Effectively train for improving your running speed however much or little innate ability you have Increase race pace regardless of distance run or improve your speed and agility for specific sports and games This eBook contains practical applications on training effectively to go faster via synthesising sports science research and training practice David is currently a lecturer in science of elite performance and coaching sciences at Bangor University with many years of work in coach education and specialises in coaching speed endurance plus relays

**Plyometrics for Athletes at All Levels** Neal Pire,2006-08-28 Successful athletes combine great skill with explosive power If you want to improve your skills practice practice practice If you want to improve your power do PLYOMETRICS With over 70 exercises specially designed to enhance your speed power jumping and agility

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