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Everything you need to know about making
running an important part of your life!

GETTING REAL ABOUT RUNNING

Gearing up and creating a program
Setting goals and staying motivated
Preventing and healing injuries
Cross-training and eating well



GORDON BAKOULIS
World-Class Marathoner

Getting Real About Running Expert Advice On Being A Committed Athlete

Josephine Perry



Getting Real About Running Expert Advice On Being A Committed Athlete:

Getting Real About Running Gordon Bakoulis, 2007-12-18 RUN FOR YOUR LIFE In more than twenty years as a runner and a coach top marathoner Gordon Bakoulis has tackled almost every problem a runner can face Now in her accessible inspiring new book Bakoulis becomes your personal coach and mentor preparing you to meet the exhilarating challenges of running She discusses everything a runner must know including SETTING UP A PROGRAM Three month six month and one year training cycles the importance of rest and downtime CHOOSING EQUIPMENT Foot types and finding shoes that meet your unique biomedical needs the latest apparel for hot and cold weather running COMMON INJURIES AND HOW TO AVOID THEM Runner s knee heel spurs shin splints the benefits of stretches massage and yoga FUELING YOUR BODY Diets for different lifestyles and fitness levels easy nutritious recipes THE SCIENCE OF RUNNING the hard easy approach to training RUNNING WITH AND FOR YOUR HEAD How running can make you feel more sane and alive with mantras used by champions CHILDREN WHO RUN An illustrated discussion of the special concerns of runners from 6 to 18 RUNNING AND AGING Advice for runners over 50 with profiles of senior runners PLUS Pace charts mile kilometer conversion and running resources and organizations Getting Real About Running gets down to the real nitty gritty of this most satisfying of sports Here s a book that s worth its weight in gold medals **Library Journal** ,2002 Forthcoming Books Rose Arny, 2002-02 *The Running Athlete* Gian Luigi Canata, Henrique Jones, Werner Krutsch, Patricia Thoreux, Alberto Vascellari, 2022-04-22 This book explores running in a broad range of sport disciplines providing a full spectrum coverage on this extremely important and commonly diffused activity The volume opens with basic information such as biomechanics physiology training principles nutrition and then presents discipline specific aspects of running in several individual and team sports Each chapter is structured organically to offer a uniform and thorough information For each sport the authors examine biomechanical physiological and training specificities as well as injury epidemiology and preventive measures Filling a gap in literature this book appeals not only to sports physicians orthopaedic surgeons trainers coaches fellows and researchers but also to athletes in the various disciplines Written in collaboration with ESSKA it provides a useful toolkit to those readers interested in the state of the art update on the running athlete *Self-Action Leadership: the Key to Personal & Professional Freedom* Jordan R. Jensen, 2015-10-09 Self Action Leadership The Key to Personal Professional Freedom is a groundbreaking personal leadership manual that introduces a metaphysical or self help Theory of Everything In the book Dr Jensen interweaves nearly three decades of personal experiences literature reviews and action research into an original Theory and Model of personal leadership called Self Action Leadership In the narrative sections of his book Dr Jensen describes the life and career challenges he has faced and overcame while struggling to manage obsessive compulsive disorder OCD and depression Self Action Leadership is the most comprehensive personal leadership handbook to hit the market since Dr Stephen R Covey s 7 Habits of Highly Effective People **Running Times** ,2007-05 Running Times

magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview *Performing Under Pressure* Josephine Perry,2019-07-30 *Performing Under Pressure* is an essential resource on improving sporting performance in high pressure situations Perry s work guides coaches and athletes through nine key elements of the sporting mindset to help athletes to perform at the highest standards even under the most pressurized of situations This valuable read includes empirically based advice on areas such as embracing competition building confidence concentration and focus maintaining emotional control learning from and coping with failure or injury being braver and being able to push harder Perry also provides 64 strategies to support each sporting mindset offering not just the evidence as to why they work but exactly how to implement them This book uniquely offers those supporting athletes a toolkit of sport psychology strategies and interventions in a way that is evidence based accessible and engaging whether you are starting out studying sport psychology on a sports science course or are a coach of many years standing for both elite and amateur athletes **The Resilience Toolkit** Jonathan Rees,2019-02-04 Today s workplace is fast paced highly complex and sometimes even life threatening Yet it is possible to thrive in the pressure cooker of modern work life We all have the right to enjoy rather than just endure work In the unpredictability of even the most challenging environments the route to success and fulfilment at work is to build our resilience This groundbreaking book provides a highly effective toolkit that will empower you to survive thrive and flourish in the dynamic and fast changing context of blue light services Discover how to Be ready for the unexpected feel calm and confident under pressure and avoid burnout Reduce stress and anxiety by understanding the essential components of a resilient work life Evaluate your own resilience factor with the Workplace Resilience Instrument Jonathan Rees shows us through bright examples and actionable exercises that we too can thrive under pressure Our own resilient behaviors can be modeled to match the situations we face Although reading about what makes people resilient can be insightful Jonathan s battery of self assessment tools provides the reader with specific feedback to be more effective and view adverse situations as opportunities more so than danger Dr Larry Mallak Western Michigan University Author of The Workplace Resilience Instrument WRI This book represents the next stage of Jonathan s work and provides any senior leader in the public sector with an opportunity to learn and refresh the practical skills that will help them in these challenging roles Whether you are a senior leader in policing the NHS or elsewhere in the public sector I would recommend that you read this book and adopt its principles I promise that it will help you to survive and thrive in the pressure cooker Chief Superintendent Ian Wylie Vice president Police Superintendents Association *Sports Marketing* Daniel J. Bruton,2015-02-13 In *Sports Marketing* The View of Industry Experts industry leaders discuss how they achieved their position what their daily schedules look like and what interesting projects and challenges are currently upon them Through these bios readers will get a behind the scenes look at the many different opportunities available in the wide field of sports marketing as well as a look at the fundamentals

of the positions described **Ski**, 1990-11 *Men Over 60: Don't Quit Now!* Peter J. Dorsen, M.D., 2022-11-30 Dr Dorsen a fellow in the American College of Sports Medicine and retired internist is a cum laude graduate from Dartmouth College with his medical degree from the Rutgers New Jersey University School of Medicine and residencies in medicine at Johns Hopkins and Hennepin County Hospital Minneapolis Minnesota He has served at the United States Paralympic and Olympic Training Center in Colorado Springs and as a team physician for the U S Olympic Cross Country Ski Team He is the author of *The Vikings Change the Play Against Alcohol and Other Dangerous Drugs* Dr D's *Handbook for Men Over 40* *A Guide to Health Fitness Living and Loving in the Prime of Life* *Up from the Ashes* *One Doc's Struggle with Drugs and Mental Illness* and over 300 human interest and juried articles He has spoken on sports medicine and related medical issues at US and world cross country events where he himself races He lives in Eagan Minnesota with his partner Nada Dr Dorsen offers an antidote to time and a commitment to daily respect for your body and mind With insight and clarity he encourages us to make health a daily habit David Feldshuh M D Ph D Pulitzer nominee for *Miss Ever Boys* based on the Tuskegee Study professor of theater at Cornell University and practicing emergency room physician If we are going to help make a healthy world it is essential that men become kind and soft and step down from the altar of power These things were not spoken in medical school maybe because most all the teachers were male and psychiatry did not address the unhealthy features of the male personality Thank you Peter for showing the possibility for a healthier world making healthier men Patch Adams M D a physician comedian social activist clown and founder of the Gesundheit Institute Patch is the author of the film *Patch Adams* 1998 *Bringing Good Health to You* 1998 and *House Calls* 1998 *Men Over 60 Don't Quit Now* supplies helpful information for men in their senior years who want to stay active and healthy To share this type of information with senior men is an admired goal of Dr Dorsen and myself I recommend Dr Dorsen's sequel to *Dr D's Handbook* as a helpful guide to anyone interested in this age group Barry Mink M D was catcher for the Cincinnati Reds out of high school with 40 years as a practicing internal and sports medicine at the Aspen Clinic Dr Mink has been the team physician for the US Biathlon Team and Nordic team physician at both the 1980 and 1994 Winter Olympics I came to this book for the information but I stayed for the inspiration There is lots of new information even for an experienced physician But more importantly this book offers the inspiration to implement a healthy lifestyle as we pass from our 60s and beyond Edward Feinberg M D MPH chairman emeritus department of ophthalmology faculty retina vitreous service **Human Resource Management in Sport and Recreation** Packianathan Chelladurai, Amy Chan Hyung Kim, 2022-05-02 *Human Resource Management in Sport and Recreation* Fourth Edition explains essential modern day concepts and application of human resources in sport and recreation organizations **Health with a Mission** William B. Haynes, 2010-09-10 This twelve week program is based on God's principles for health founded on the belief that God designed us to be healthy and has given us what we need By applying God's design to our life we quickly begin gaining health Each day will have a devotion a lesson for the day and a journal where you can apply what you're

learning Each person's journey is unique and this book will help you find your path to health giving encouragement along the way **The Essential Assessment Toolbox** IDEA Health & Fitness,1999 **Runner's World** ,2006-09 Runner's World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling *The Peer Guide to Applied Sport Psychology for Consultants in Training* Mark W. Aoyagi,Artur Poczwardowski,Jamie L. Shapiro,2016-11-10 This new text provides a platform for the influential voices of peers in sport psychology and addresses areas where peer support and guidance are most valued A unique addition to the sport psychology literature this volume is a key resource for developing and established consultants alike **Essentials of Primary Care Sports Medicine** Gregory L. Landry,David T. Bernhardt,2003 This book is a non orthopedic approach to sports medicine that will help athletic trainers sports therapists physicians and health practitioners focus on athletes general health issues Readers will be able to understand the primary care concerns of athletes earn their trust and work more effectively with them *Sociology of Sport* George H. Sage,D. Stanley Eitzen,Becky Beal,Matthew Atencio,2023 Now in its twelfth edition Sociology of Sport offers a compact yet comprehensive and integrated perspective on sport in North American society Bringing a unique viewpoint to the subject George H Sage D Stanley Eitzen Becky Beal and Matthew Atencio analyze and in turn demythologize sport This method promotes an understanding of how a sociological perspective differs from commonsense perceptions about sport and society helping students to understand sport in a new way [Men's Health on the Internet](#) Janet M Coggan,2024-11-01 The best health resources for men on the Net Men's Health on the Internet puts the best of what the Web has to offer on the subject into one handy volume Use it as a guide to the best Web sites representing men's health organizations reliable sites where you can find current health news for men and much more This important book evaluates Web sites for content clarity and user friendliness and shows you how to conduct a focused subject specific search From editor M Sandra Wood It is well known that men are less likely than women to seek health care Men tend to wait as long as possible to see a doctor about a health problem making early diagnosis difficult if not impossible Given the fact that men seem to be more private about their illnesses the Internet provides an excellent place for them to seek health care information Men's Health on the Internet examines what men need and expect as health care consumers provides an overview of the resources available on the World Wide Web teaches you about search engines and how to use them to find what you're looking for quickly and efficiently points you toward information on cancer Web based resources on risk factors early detection and treatment brings you reliable resources for information on prostate problems puts you in touch with reliable information men's concerns including hair loss high blood pressure hypertension heart health infertility impotence and physical fitness includes resources for gay men's health issues increases your awareness of different types of Internet resources including mailing lists newsgroups and real time communication Information resources on the Internet relating to health issues from Web sites to newsletters to chat groups are abundant Some are much more reliable than others and there

is just as much variety when it comes to ease of use Take control use Men s Health on the Internet to sift through the often overwhelming number of related sites to find the information you need *Sisterhood in Sports* Joan Steidinger,2023-06-14

Sisterhood in Sports How Female Athletes Collaborate and Compete tells the stories of all kinds of female athletes in a variety of sports Their natural tendency to use talking as a primary form of communication is essential to their experiences and successes in sports Women and girls tend to have BFFs collaborate during periods of stress express empathy for one another worry about themselves and others and desire to have fun in sports which makes their experiences of sports and competition different from their male counterparts Female strengths are grounded in both mind and body and they take these strengths onto the court field and track There are now dozens of studies showing how the female brain and hormones operate quite differently than those of men This book reveals the ways in which these differences confirm that intense emotions about relationships are part of the sporting life for female competitors Joan Steidinger uses real stories to show that women and girls compete at very high

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