



The Art of Run Training: Using Sport Psychology Physiology for Optimal Performance

By Mike Hamberger M a

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Whether you are a coach or simply taking the do-it-yourself approach, The Art of Run Training is a useful guide that blends science with a decade s worth of professional observations from the field, so you ll gain new perspectives on the mental approach to training and racing. For example, you ll learn improved methods for correcting running form and teaching proper foot strike, as well as the reason why many people struggle to make these corrections. The Art of Run Training is packed with knowledge that is less commonly discussed within the running community. The sport of running has come a long way for amateur runners, as race registrations and collective miles logged are at an all-time high. Along with this running boom comes an overabundance of information found in online articles and magazines, some of which is often contradictory. How do we piece it together and make sense of it all? Using a conversational tone that makes the information easy to digest, The Art of Run Training offers practical knowledge in three foundational areas-psychology, physiology, and...

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