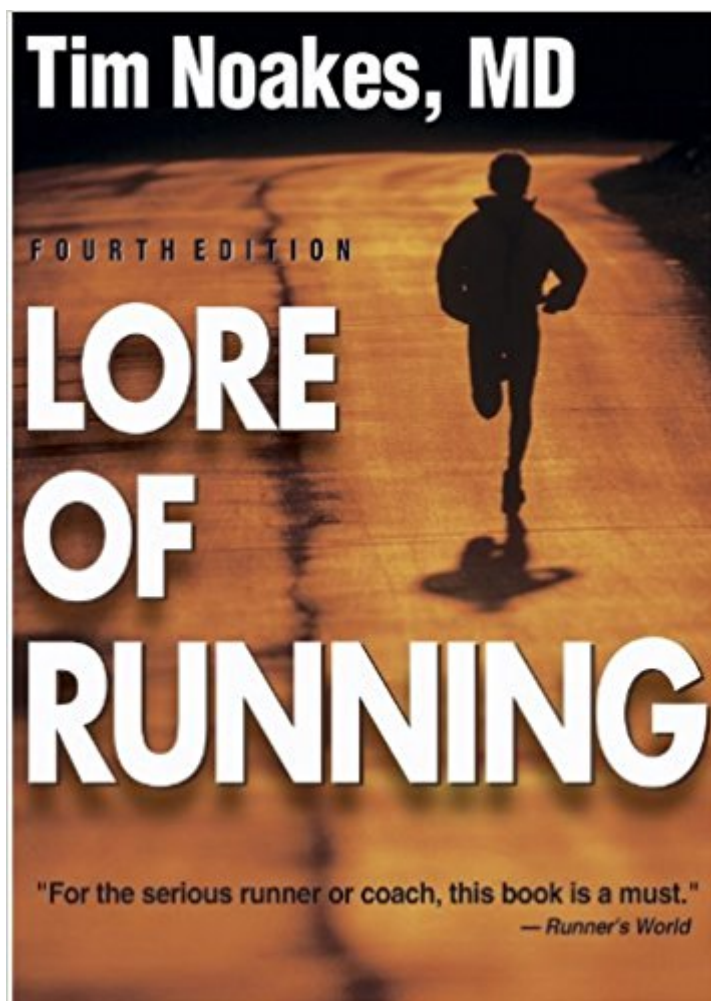


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# Lore Of Running, 4th Edition



## Synopsis

Lore of Running gives you incomparable detail on physiology, training, racing, injuries, world-class athletes, and races. Author Tim Noakes blends the expertise of a physician and research scientist with the passion of a dedicated runner to answer the most pressing questions for those who are serious about the sport: -How your body systems respond to training, the effects of different training methods, how to detect and avoid overtraining, and genetic versus trainable potential -How to train for the 10K up through ultramarathon with detailed programs from Noakes and several leading running experts -How to prevent and treat injuries, increase your strength and flexibility, and use proper nutrition for weight control and maximum performance You'll also find a candid analysis of supplements and ergogenic effects and training aids. The book includes new interviews with 10 world-class runners who share their secrets to success and longevity in the sport. Features on legendary figures and events in running history provide fascinating insights. And that's just scratching the surface. Lore of Running is not only the biggest and best running publication on the planet. It's the one book every runner should own.

## Book Information

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## Customer Reviews

Dr. Timothy Noakes is Discovery health professor of exercise and sports science at the University of Cape Town and director of the medical research council/UCT research unit for exercise science and sports medicine at the Sports Science Institute of South Africa in Newlands. Noakes received his MD from the University of Cape Town. He is a veteran of more than 70 marathons and

ultramarathons. He is an editorial board member for many international sport science journals and a former president of the South African Sports Medicine Association. In 1999, he was elected as one of 22 founding members of the International Olympic Committee's Olympic Science Academy. Noakes is also a fellow of the American College of Sports Medicine. He and his wife, Marilyn Anne, reside in Cape Town, South Africa.

Talk about a read and a half. This book has everything you ever wanted to know about running from how to go slow to how to go fast and how to eat while going slow or fast. It also covers going short, long and how to make a workout plan. Ever wondered why muscles cramp? Or how muscles stretch or contract or the effect going down hill has on your quads? Read this book. Be prepared though because this is ALLOT of book, don't expect to knock this thing out in a weekend. It's the source of sources and has all of the information that websites and other books have been parroting for years now.

For beginning marathoners, this is by NO means a book for you to find your answer to the perfect training (unless you are a marathon runner with an exercise science background). I don't believe Noakes intended this book to be read by a novice runner. The information is simply too overwhelming. Enjoy following a simple training plan and getting nutrition information from your local run specialty store (and let the coaches and running store do all of the reading between the lines)! For coaches and experienced marathoners, this is a great book that summarizes research. At the same time, Noakes doesn't leave out the details of training that are too often thought to be common knowledge such as training apparel. As a college coach, I enjoyed reading this book for the scientific side of running that Noakes can contribute because of his background in exercise science. I simply do not have time to read through individual research publications, as Noakes has done, and then compile the information by subject matter. This book should remain on the shelf for those times when you need a source of reference. The science of running is constantly evolving (and certainly has since the publication of this book). Coaching runners is about trial and error. Coaches must understand that every athlete is going to react to a stimulus differently. Thus, this is a great resource but should NOT be treated as the only source of training for runners in the 10k and up.

This is an exhausting read but serves as basically an encyclopedia of running. Read it through and then use it as a reference. And remember to always correct your friends when they start talking about lactic acid buildup.

I think it is important that readers understand precisely what this 931-page book IS, and what it is not. Dr Noakes is a trained physician, a professor of exercise science, and a highly published researcher in the field of exercise physiology. His meticulously researched book (the online references occupy over 100 pages) offers an authoritative compilation of the latest and best research to guide the intelligent coach or self-coached runner in the structuring of productive and safe training regimens. For those who lack a PhD in physiology but still want to understand WHY they should perform specific types of training, based on current research, this book is simply unsurpassed. If all you want is a "table" of training prescriptions with no grounding in research or explanation of validity, then look elsewhere: this book is not for you. In my opinion, Dr Noakes has done an excellent job of extracting results from current research and translating them from the highly specialized language of sports physiology into language that the intelligent layperson can understand. Indeed, I found the book pitched at a slightly less technical level than the popular competitor by Martin and Coe---a book I have also found to be invaluable. Perhaps the most interesting feature of the Fourth Edition is Noakes' unapologetic challenge of THE prevailing paradigm in distance running; he questions the widely accepted belief that an individual's  $\dot{V}O_2$  max, or maximal oxygen uptake figure, is the key limiting factor in distance running performance. In a carefully argued Chapter 2, complete with dozens of references to research of the past decade to support his claims, Dr Noakes argues for an alternative "Central Governor Model" in which exercise capacity is primarily limited by coronary blood flow to supply oxygen to the heart. I cannot even present an outline of this fascinating alternative model in the brief space allocated here, but suffice it to say that Chapter 2 of his book, in which this theory is developed in detail, is alone worth the price of the book. In addition to the physiology of training, there are entire chapters devoted to temperature regulation, ergogenic aids, injury prevention and treatment, apparel (emphasis on shoes), etc: all of the usual topics with which self-coached runners must eventually cope. If I were to offer criticisms of the book for the sake of balance, there would be only two, both relatively minor. (1) Chapter 6, entitled "Learning from the Experts" offers training programs from a number of famous past champions who raced over distances from 1 mile to the ultramarathon. However, as Dr Noakes points out clearly and often, many of these runners, almost inhumanly gifted with natural ability, became champions IN SPITE OF their obsessive, unbalanced training programs, and not because of them. For the person of average gifts, emulating the training programs of, say, Dave Bedford (who occasionally logged as many as 160--200 miles per week!) is a certain prescription for injury (as it ultimately was for Bedford). I would therefore suggest changing the title of this chapter to

"Learning from the Champions." The accomplishments of these highly gifted people all too often had very little to do with "Expertise" in rationale training, as the current title suggests, and far more to do with natural endowment.(2) Since Dr Noakes is willing to challenge the VO(2) max paradigm so openly, I think it is necessary that he offer some guidance on precisely what differences to the training program his alternative Central Governor Model implies. It is not easy for the non-specialist to see what amendments to training are implied by this alternative model; perhaps an addition to be incorporated into the Fifth Edition?In summary, if you are a self-coached runner looking for an intelligent basis on which to construct a training program, then this 931-page book is comprehensive and has no real rival. If, on the other hand, you would prefer a 5-page pamphlet offering some training tables for the beginner, then I advise you to look elsewhere.

It's a great book as a reference - or as a read. The other posts have said it all regarding content, of this superb book, so simply: if you are new to running and are interested in a thorough read on running this is the book for sure. If you are experienced this may also be a welcome review, but it may get into unfamiliar and interesting areas if you are keen to understand more of the physiology and cell biology (assuming some advanced runners may lack this knowledge). The training schedules are always fun to flip through as they allow us to add variation, based on sound logic, into our running programs. It's a well composed readable book at a bargain price with a fantastic reputation.Steve Pellerine

I started training for a half marathon a few months ago and like everything that I do I totally immerse myself into it. So after buying some books on the various training aspects of running I came across this one. After reading the reviews on I had to buy it and it did not disappoint. I like how the book starts out with the science and biological aspects of running, for example types of muscle fibers, oxygen transport, running economy, etc. and then moves into more practical aspects of how that will affect your training. I really enjoy reading this book and it has helped me to understand the reasons behind the training modalities. I am now training for a marathon and along with my tempo runs, speed work and long runs, I have included this book in my training regimen as required reading. It's as enjoyable as those easy runs and if you could only own one book on running this would be it.

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