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Titolo	Marathon Running: Physiology, Psychology, Nutrition and Training Aspects / / edited by Christoph Zinner, Billy Sperlich
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2016
ISBN	3-319-29728-7
Edizione	[1st ed. 2016.]
Descrizione fisica	1 online resource
Disciplina	610
Soggetti	Human physiology Sports medicine Nutrition Health promotion Sports sciences Medicine Health Human Physiology Sports Medicine Health Promotion and Disease Prevention Sport Science Popular Science in Medicine and Health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Physiology of Marathon Running -- Biomechanics of Marathon Running -- Nutrition before, during and after a Marathon -- Thermoregulation -- Coping with stress and fatigue (during the Marathon) -- Motivational aspects (during the training process) -- Marathon Running: Gender & Age aspects -- Principles of Training.
Sommario/riassunto	The book contains recent research about physiology, psychology, nutrition and training aspects of Marathon Running of different age, gender and performance level. The basic knowledge of marathon running with explanations of the physiological and psychological mechanisms induced by marathon training with the associated

adaptations and subsequent improved physiological capacities are presented in a reader friendly format for researchers and practitioners. The book includes a full range of useful practical knowledge, as well as trainings principles to guide the reader to run marathon faster. After reading the book the reader is able to develop training plans and owns the knowledge about up-to-date scientific results in the fields of physiology, psychology, nutrition in marathon running.
