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Sommario/riassunto

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 by experts in the field, this book will be a useful toolkit for all those readers who are seeking a state of the art update on the running athlete.