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Titolo	Running // edited by John A. Hawley
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Descrizione fisica	1 online resource (108 p.)
Collana	Handbook of sports medicine and science
Altri autori (Persone)	HawleyJohn A
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Handbook of Sports Medicine and Science: Running; Contents; List of contributors; Forewords by the IOC; Foreword by the IAAF; Preface; 1 Physiology and biochemistry of sprinting; 2 Physiology and biochemistry of middle distance and long distance running; 3 Biomechanics of running; 4 Training techniques for successful running performance; 5 Nutrition for runners; 6 Medical considerations for runners; Index
Sommario/riassunto	This title in the acclaimed Handbook of Sports Medicine and Sports Science provides a clearly presented 'one-stop' source of information on all aspects of the sport. The nutritional and training strategies in the book are aimed at improving a runner's performance, while the section on the medical care of the runner will help prevent injuries and aid in the correct diagnosis and management of basic athletic trauma. The text contains contributions from a team of world leaders in their respective fields to provide a truly international perspective on this sporting specialty.

