Record Nr. UNISA996198209803316 Titolo Running [[electronic resource] /] / edited by John A. Hawley Oxford;; Malden, MA,: Blackwell Science, 2000 Pubbl/distr/stampa **ISBN** 1-281-32092-7 9786611320928 0-470-75687-X 0-470-75711-6 0-632-06072-7 Edizione [1st ed.] Descrizione fisica 1 online resource (108 p.) Handbook of sports medicine and science Collana Altri autori (Persone) HawleyJohn A 612.044 Disciplina 612/.044 Soggetti Running injuries Running - Physiological aspects Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia "IOC Medical Commission. Sub-Commission on Publications in the Note generali Sport Sciences". 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 This title in the acclaimed Handbook of Sports Medicine and Sports Sommario/riassunto 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.