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Autore	Hypolite, Jean
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## Nota di contenuto

Part 1: General aspects -- 1 Biomechanics of running -- 2 Physiology of running-Sprint and short distances -- 3 Training principles -- 4 Nutrition For Track Running And Ultrarunning: Practical Recommendations -- 5 Age and running: children and adolescents, elder people -- 6 Sex difference between women and men in running -- 7 Running and metabolic diseases -- 8 Running activities in times of COVID-19 pandemic -- 9 Shoes for running -- 10 Wearable Technology for Long Distance Runners -- 11 Return to running after Anterior Cruciate Ligament Reconstruction -- Part 2: Specific Aspects -- 12 athletics running disciplines -- 13 Running in Football -- 14 Running in rugby -- 15 Running in gymnastics -- 16 Running in Tumbling -- 17 Running in basketball -- 18 Running in tennis -- 19 Running in Paddle -- 20 Running in volleyball -- 21 Running in handball -- 22 Running in trail running -- 23 Running in Ironman triathlon -- 24 Running in Parkour -- 25 Running in Field hockey -- 26 Running in Cycling -- 27 Running in Alpine skiing -- 28 Running in Kiteboarding -- 29 Running in Sailing -- 30 Running In Rowers -- 31 Running in Space.

## 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.