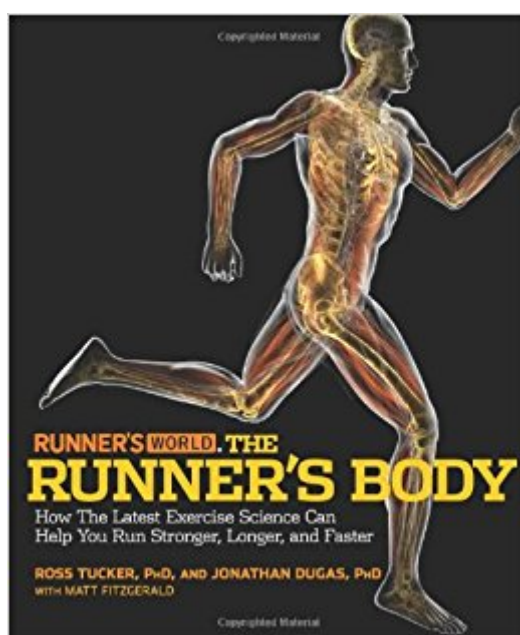


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# Runner's World The Runner's Body: How The Latest Exercise Science Can Help You Run Stronger, Longer, And Faster



## Synopsis

Every day scientists learn more about how the body adapts to the stress of running—and how various body systems contribute to running performance. Leading the charge is a fresh generation of brilliant young exercise physiologists including Ross Tucker and Jonathan Dugas, whose work has demolished many long-standing beliefs about running. Now Tucker and Dugas, whose blog, Science of Sport, has already created a devoted readership, join with esteemed fitness author Matt Fitzgerald to provide a captivating tour of the human body from the runner's perspective. Focusing on how runners at all levels can improve their health and performance, *The Runner's Body* offers in a friendly, accessible tone, the newest, most surprising, and most helpful scientific discoveries about every aspect of the sport—from how best to nourish the runner's body to safe and legal ways to increase oxygen delivery to the muscles. Full of surprising facts, practical sidebars, and graphical elements, *The Runner's Body* is a must-have resource for anyone who wants to become a better—and healthier—runner.

## Book Information

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## Customer Reviews

ROSS TUCKER, PHD, serves as scientific editor of *Runner's World South Africa*, a consultant technical expert with Adidas South Africa, and editor of Health 24, South Africa's largest fitness- and health-related Web site. Tucker, a competitive runner himself, lives in Cape Town, South Africa. JONATHAN DUGAS, PHD, holds a post-doctoral fellowship with the University of Chicago. He is

the cocreator, with his colleague Ross Tucker, of the popular Science of Sport blog. A qualified USA Cycling coach, he lives in Chicago. MATT FITZGERALD is a prolific health and fitness journalist. He writes regularly for such national publications as Men's Fitness, Men's Health, Runner's World, and Triathlete. With nine books to his credit, he also creates interactive training programs for runners and triathletes and leads clinics at triathlon and running events throughout the U.S. He lives in Northern California.

A fantastic resource for the science-oriented runner. Lies strongly toward the left on the spectrum between peer-reviewed journal and popular press. No bibliography and no citations are a definite weakness. The material is presented in a logical fashion and is readable for someone who isn't accustomed to the peer-reviewed journal format (most people). Challenges many of our cherished beliefs regarding proper training, nutrition, recovery, etc. If you're looking for a day-by-day training guide this isn't it, but if you want to know what the current research shows about training principals, this is for you.

I think this is a good book for the athlete who is interested in the science behind the training. This book is not for someone looking for a basic training program. It is for the person who wants to know about all the physiological processes involved in running on the cellular level and why things work the way they do.

I don't run great distances or at any great speed. I basically run to keep fit and feel happy if I can manage to run 3 times a week. I love running but am not obsessed about PB's or any specific nutritional plans etc. I do like to understand what happens to my body when I run, though. The authors are all runners as well as sports scientists of one sort or another. This is a very good book for anyone who wants to gain an insight into the the science of running. The authors discuss adaptation and issues like VO2 max in a way that is easily understandable. The physiology associated with running is also discussed in an interesting way. The last chapter looks at ageing and running. However, this last chapter ends rather abruptly. I was surprised that this was the end of the book. Definitely buy this book if you run and want to know more about the science of running. I would recommend this to anyone who runs and who wants to understand the mechanisms of running.

The draw back of this book is the fact that the authors failed to document their references which certainly frustrates those with a more detailed knowledge of physiology, particularly researchers.

However, the authors cover the galaxy of physiological factors that relate to exercise, specifically running, in great detail without being stuffy or over analytical. In fact the authors write quite often in conversational style. A prime example, and a good case for demonstrating how up the date the book is, is their discussion on minimalist running, running forefoot/mid foot versus the heel. The authors cover the movement such as POSE and Chi and virtually argue among themselves with the conclusion that forefoot/mid foot running isn't for everyone. That in itself is refreshing since there is an argument. Interesting topics include challenging sport drinks and the over indulgence in concerns for dehydration and in fact they describe a condition called hyponatremia where over hydration can actually cause cell damage and possibly death and then there is the over use of NSAIDs (ibuprofen for example) that can inhibit natural healing. And the authors cover the nature and causes of injuries in great, straight forward detail. Others who have read Daniel's book will appreciate the discussion on VO2 max and running efficiency, which is done more simply but is written for a broader audience. The authors do reference studies here and there but leave no footnotes and I can understand some of the frustration, such as the brief comments that carbonated drinks have a negative effect on bone density. I certainly wanted to see references to that study but alas, there is none. But the authors cover an amazing array of subject material in a pleasant readable and informative fashion and for the depth of information, I think the book worthy of 5 stars.

This book was just what I needed to get a better understanding of all the millions of little things that happen simultaneously when I run...such complicated orchestration of the human body! As I was reading, I identified with quite a few of the aches and pains, the healthy food intake, bone strength increase, etc., since I'd been running for just about five months; the author pointed to the enthusiasm and the common mistakes of beginning runners as well as the mistakes of veteran runners. Some reviews pointed to the lack of citations within the text, but the author quite often refers to organizations, authorities, and studies by name. If I wanted to double-check, all I have to do is Google them to get some corroborating information. It's funny, but my son-in-law told me "Listen to your body," all along, but that alone sounded nebulous to me. I'm the kind of person who responds better to the "why" of suggestions. This books explains WHY I should listen to my body, in detail. If I had read this before I started running, I would not have sprained my ankle, and it would not have taken twice as long to heal, because I would not have run on the pain when I first felt it...I would have recognized it as something I should ALLOW to heal itself, instead of trying to push through it and run anyway. Oh, well...I learned the hard way. But having read this book, I won't make more running mistakes in the future!

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