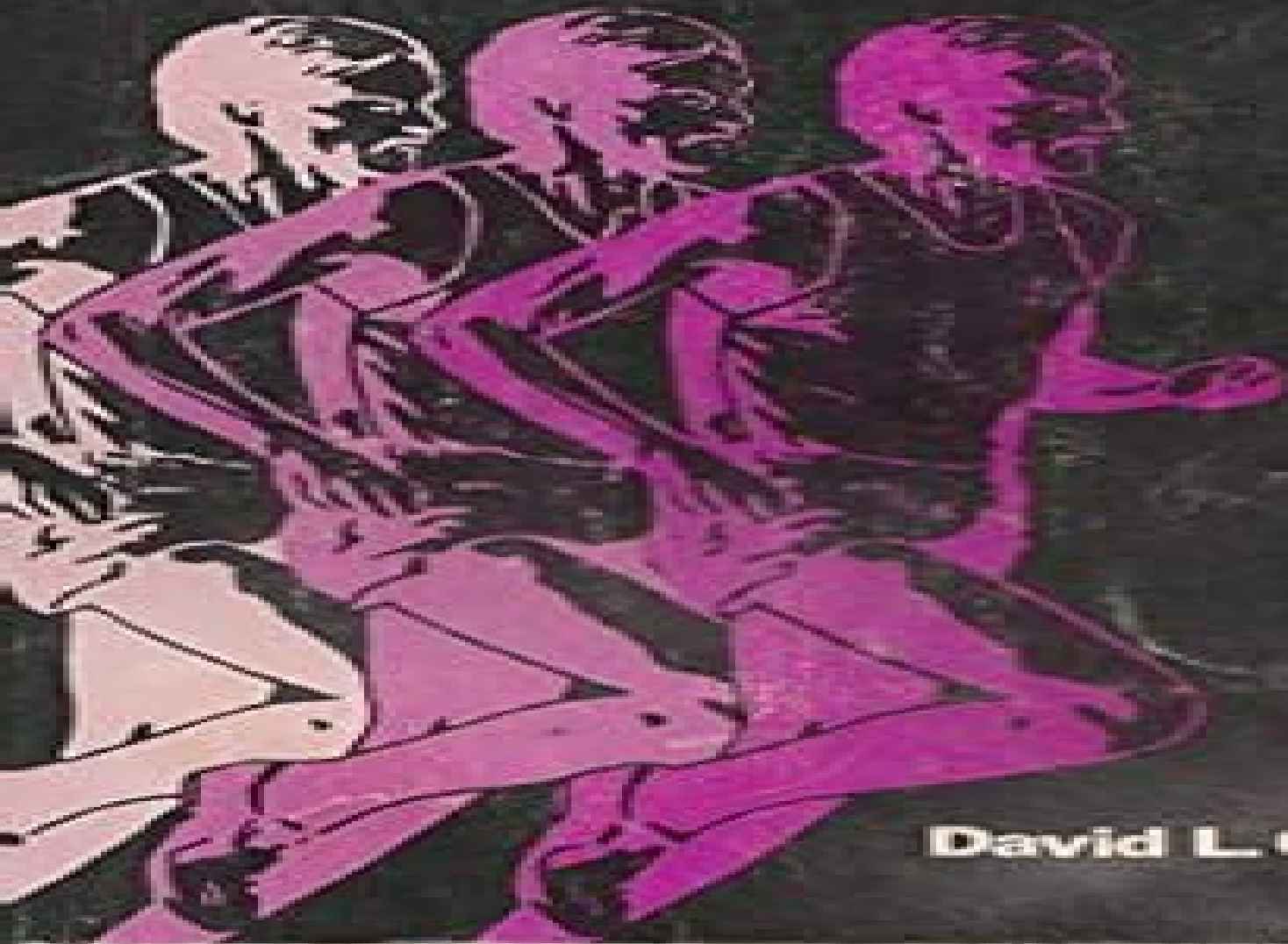


# A Scientific Approach to Distance Running



**David L. Costill**

# A Scientific Approach To Distance Running

**Tom Bernard**



## **A Scientific Approach To Distance Running:**

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ages and abilities actively seek out advice from experienced coaches and sport scientists This is also reflected in the growth of programmes of education for young coaches and aspiring sport scientists in recent years There are a multitude of different approaches to training distance runners however the basic principles and ingredients required for success are applicable to any distance runner The science that underpins the training and physical preparation of distance runners has developed considerably in recent years The most experienced and successful coaches in the distance running community rarely have the opportunity to share their tried and tested methods of training Similarly the novel work of sport scientists is often only accessible to elite runners their support teams and academia The Science and Practice of Middle and Long Distance Running links together the science and coaching artistry associated with preparing distance runners for events ranging from 800 m up to ultra marathon distances It combines the latest scientific evidence published by world leading sport scientists with the sound training principles and strategies adopted by experienced coaches The book translates cutting edge scientific research from the fields of physiology biomechanics psychology and nutrition into practical suggestions for achieving success Important topical issues and contemporary practices related to health and performance are also addressed This book is an essential addition to the library of any distance runner coach or sport scientist The Running Evolution Tom Bernard, 2013-12-13

Turning twenty nine was not catastrophic for me I had heard about people having midlife crises even known some people who were either having one or just using it as an excuse for their behavior But for me I had only one concern a good set of orders Graduating from the Coast Guard Academy had obligated me to serve five years in the Coast Guard My first four years were served in vessels Two on a high endurance cutter mostly in a training or learning mode and two as commanding officer of a small patrol vessel stationed on North Carolina's southern coast Despite being prone to seasickness I loved the lure of the sea While I did miss my wife and now two children getting under way has always been a wonderful experience where anything could happen and often did Following those four years afloat I was assigned to be chief of recruitment for Northern California Nevada and Utah and was now nearing the end of a three year assignment ashore Three years ashore was about three years too many and I was eager to get back to sea It had been a good and challenging three years living in fairly typical urban style carpooling into the big city during the week and catching up on home duties during the weekend Somehow riding a desk even a nice desk did not compare to life on a ship The Coast Guard did provide us some input to the assignment process so after some thought I decided to be bold on my assignment request and ask for a buoy tender in Hawaii as executive officer I had no buoy tender or overseas experience but our assignment card was commonly referred to as a wish sheet so I figured I'd wish Executive officers were second in command on the ship generally managing all the administrative aspects and running the day to day routine of the ship Once under way the commanding officer became the man often referred to as the Old Man On a small patrol vessel such as I had previously commanded there was only one officer so I had handled all the administrative aspects as well as the operational aspects I would only need to

learn the art of tending buoys if I was fortunate enough to get the assignment I don't think it influenced my choice but one of my long distance childhood memories was a postcard my father received one day from a friend I was only about eight or nine but I remember the words and the picture which is what really caught my attention palm trees white sand beaches and crystal blue water Keep in mind that there were no high definition big screen TVs in that day and few color TVs none in our house so a color postcard made quite an impression The words also made an impression and burned themselves into my memory Sell the boat Sell the house Quit your job Move to paradise Hawaii If it had mentioned leaving the eight kids behind my father might have jumped at the idea but he was afraid to fly so we were not moving to Hawaii at least not then Lo and behold twenty years later I receive my first choice and I was going to Hawaii I didn't need to sell anything and was perfectly happy to bring my wife and young children For some reason the Coast Guard thought that after three years ashore I might have forgotten all those semesters of navigation plus the subsequent four years I spent on ships practicing So they sent me to a refresher course for two weeks in San Diego Turns out I hadn't forgotten and even if I had it didn't matter The only two things an executive officer needed to know in that era were how to balance the budget and how to catch the young seamen smoking pot They didn't have courses for those things and I didn't need them anyway I was pretty good at both But who can complain about two weeks in San Diego Most of my classmates were naval officers of various ranks and levels of experience As a Coastie I was never much impressed but enjoyed listening to the break discussions One particular discussion during t

**Running Encyclopedia** Richard Benyo, Joe Henderson, 2002 An A to Z resource on running including history key figures major events and primary training theories and terms [Healthy Intelligent Training](#) Keith Livingston, 2008-10 Based on the proven principles of Arthur Lydiard Runners World Coach of the Century this is a must have volume for anyone involved in middle distance running Healthy Intelligent Training provides readers with an easy to follow guide to the principles and training techniques that guided numerous athletes from across the globe to World Records and Olympic Gold Written by a former national level runner with contributions from Olympic medalists and coaches this superb volume shows you how to plan and follow your own training program to reach peak performance when you want *The Four-Minute Mile* John Bale, David Howe, 2020-11-25 Breaking records and challenging the limits of human ability are central to much of our understanding of athletic track and field sports with a world record title arguably as valued as an Olympic gold medal Some particular limits and records take on greater significance however as in the case of the Four Minute Mile which was roundly believed to be impossible until Roger Bannister shattered the illusion with half a second to spare in May 1954 These essays look at the background of Bannister's achievement and the meaning that was ascribed to it by the media and the public at large drawing on an array of interdisciplinary and international influences to unpick the legend surrounding an historic moment in our social and sporting past

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