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Competitive edge, and gear fiends. For coaches and athletes, these devices offer enormous potential for targeting and timing training to realize a rider's goals.

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Kellogg “JK”, that features two hard workouts per week and either...

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understand how to  
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Third Edition ...~~

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Racing and Training  
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wrong answer. Sharing  
a run with a group or on  
your own can be very

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exercising helps to  
release the feel-good  
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in our bodies. They call  
it “ runner ’ s high ”  
for a reason!

Hunter Allen and Andy

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Coggan, PhD have completely revised the book that made power meters understandable for amateur and professional cyclists and triathletes. Power meters have become essential tools for competitive cyclists and triathletes. No training tool can unlock as much speed and endurance as a power meter--for those



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who understand how to interpret their data. A power meter displays and records exactly how much energy a cyclist expends, which lends unprecedented insight into that rider's abilities and fitness. With the proper baseline data, a cyclist can use a power meter to determine race strategy, pacing, and tactics. Training and

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fatigue profiling, a new  
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Includes two training  
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use a power meter to  
find your baseline power  
data, profile your  
strengths and weakness,  
measure fitness and  
fatigue, optimize your  
daily workouts, peak for  
races, and set and adjust  
your racing strategy  
during a race. New in  
this third edition: All-  
new power metrics:  
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(which can be used on

the run legs in both

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The bestselling author of 80/20 Running and How Bad Do You Want It? reveals his inspiring and surprising journey to see just how fast he can go. Matt Fitzgerald has been running (and writing about running) for most of his adult life. But, like many passionate amateur runners, he never felt he was quite fulfilling his

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potential. If he follows the training, nutrition, and lifestyle of an elite runner, just how fast could he go? In his mid-forties, Matt at last has the freedom to do nothing but train, if only for the span of one summer. The time is now. He convinces the coach of Northern Arizona Elite, one of the country's premier

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professional running teams, to let him train with a roster of national champions and Olympic hopefuls in the running mecca of Flagstaff, Arizona, leading in to the Chicago Marathon. The results completely redefined Matt ' s notion of what is possible, not only for himself but for any runner. Filled with a

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vibrant cast of characters, rigorous and quad-torching training, and a large dose of self-deprecating humor,

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Matt trains with, it ' s



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not a dream but

concrete reality, and

their individual stories

enrich this inspiring

narrative. Running the

Dream pulls us into the

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a way we can all relate

to, regardless of speed,

and to take away pieces

of one man ' s amazing

journey to try to achieve

our own potential.

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mental challenges of their sport. Plodding for miles through inclement weather, rising before dawn to squeeze a daily run into a busy schedule, overcoming minor aches and lethargy that pose a threat to an active lifestyle, these are but a few of the familiar obstacles faced by millions of runners like

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you. Running Within

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and physical factors of  
importance to runners

and offers positive,  
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better, have more fun, and experience a deeper connection with running. Written by top sport psychologist, best-selling author, and runner Jerry Lynch, along with physician and elite triathlete Warren Scott, this book presents prescriptions, tools, and strategies for runners to fulfill their potential. Included are: -

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