

## The Science of Running: How to find your limit and train to maximize your performance

By Steve Magness

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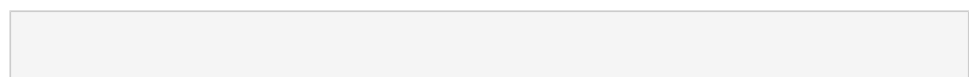
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### **The Science of Running: How to find your limit and train to maximize your performance** By Steve Magness

If you are looking for how to finish your first 5k, this book isn't for you. The Science of Running is written for those of us looking to maximize our performance, get as close to our limits as possible, and more than anything find out how good we can be, or how good our athletes can be. In The Science of Running, elite coach and exercise physiologist Steve Magness integrates the latest research with the training processes of the world's best runners, to deliver an in depth look at how to maximize your performance.

It is a unique book that conquers both the scientific and practical points of running in two different sections. The first is aimed at identifying what limits running performance from a scientific standpoint. You will take a tour through the inside of the body, learning what causes fatigue, how we produce energy to run, and how the brain functions to hold you back from super-human performance. In section two, we turn to the practical application of this information and focus on the process of training to achieve your goals. You will learn how to develop training plans and to look at training in a completely different way. The Science of Running does not hold back information and is sure to challenge you to become a better athlete, coach, or exercise scientist in covering such topics as:

- What is fatigue? The latest research on looking at fatigue from a brain centered view.
- Why VO2max is the most overrated and misunderstood concept in both the lab and on the track
- Why "zone" training leads to suboptimal performance.
- How to properly individualize training for your own unique physiology.
- How to look at the training process in a unique way in terms of stimulus and adaptation.
- Full sample training programs from 800m to the marathon.



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**The Science of Running: How to find your limit and train to maximize your performance** By Steve Magness **Bibliography**

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### **Editorial Review**

#### Review

"The Science of Running sets the new standard for training theory and physiological data. Every veteran and beginner distance coach needs to have this on their book shelf."

-Alan Webb American Record Holder-Mile 3:46.91

"For anyone serious about running, The Science of Running offers the latest information and research for optimizing not only your understanding of training but also your performance. If you want to delve deeper into the world of running and training, this book is for you. You will never look at running the same."

-Jackie Areson, 15th at the 2013 World Championships. 15:12 5k

"This is a training book that will be a constant reference for me even though I am no longer coaching endurance athlete's day to day, it will be there because the ideas on training are so sensible and applicable across all the whole spectrum of physical performance. This is the best book on coaching running I have seen in quite sometime."

-Vern Gambetta, Author of "Athletic Development", former director of conditioning for the Chicago White Sox

#### About the Author

Steve Magness is a coach to some of the top distance runners in the world, having coached numerous athletes to top 15 at the World Championships and Olympic Games. As well as having 6 athletes finish in the Top 10 at World Marathon Majors (New York City, Boston, Chicago Marathon). He currently coaches at the University of Houston. Known widely for his integration of science and practice, Magness has been on the forefront of innovation in sport. He serves as an adjunct professor of Strength and Conditioning at St. Mary's University and has been a featured expert in Runner's World, The New York Times, The New Yorker, The BBC, The Wall Street Journal, and ESPN The Magazine. In addition, his first book, The Science of Running, was published in 2014, and his second book, Peak Performance, is out in June, 2017. In his own running, Magness ran a 4:01 mile in High School. He lives in Houston, Tx.

Additionally, he maintains the popular running website [ScienceofRunning.com](http://ScienceofRunning.com)

### **Users Review**

#### **From reader reviews:**

#### **Wilma Hines:**

This The Science of Running: How to find your limit and train to maximize your performance book is not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this publication incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. That The Science of Running: How to find your limit and train to maximize your performance without we realize teach the one who examining it become critical in

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**Linda Hill:**

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**Derrick Tompkins:**

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**Christopher Jaeger:**

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