

Daniels Running Formula 3rd Edition

Now in its third edition, this classic book is widely considered the leading text on Bayesian methods, lauded for its accessible, practical approach to analyzing data and solving research problems. Bayesian Data Analysis, Third Edition continues to take an applied approach to analysis using up-to-date Bayesian methods. The authors—all leaders in the statistics community—introduce basic concepts from a data-analytic perspective before presenting advanced methods. Throughout the text, numerous worked examples drawn from real applications and research emphasize the use of Bayesian inference in practice. New to the Third Edition Four new chapters on nonparametric modeling Coverage of weakly informative priors and boundary-avoiding priors Updated discussion of cross-validation and predictive information criteria Improved convergence monitoring and effective sample size calculations for iterative simulation Presentations of Hamiltonian Monte Carlo, variational Bayes, and expectation propagation New and revised software code The book can be used in three different ways. For undergraduate students, it introduces Bayesian inference starting from first principles. For graduate students, the text presents effective current approaches to Bayesian modeling and computation in statistics and related fields. For researchers, it provides an assortment of Bayesian methods in applied statistics. Additional materials, including data sets used in the examples, solutions to selected exercises, and software instructions, are available on the book's web page.

This practical manual offers up to date findings in medical research on injury prevention and cure. The book includes a user friendly diagnostic chart to facilitate locating and grasping the nature of an injury.

Reviews of The Science of Running: 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 in the 5k. 15:12 5.000m best 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.

Running Mechanics and Gait Analysis With Online Video is the premier resource for running mechanics and injury prevention. Referencing over 250 peer-reviewed scientific manuscripts, this text is a comprehensive review of the research and clinical concepts related to gait and injury analysis.

How to Train for a 5-K Or 10-K Race

The Spirit of Computing

Build Your Running Body

The Art of Running Faster

How to Prevent and Overcome Them

80/20 Running

If you're considering R for statistical computing and data visualization, this book provides a quick and practical guide to just about everything you can do with the open source R language and software environment. You'll learn how to write R functions and use R packages to help you prepare, visualize, and analyze data. Author Joseph Adler illustrates each process with a wealth of examples from medicine, business, and sports. Updated for R 2.14 and 2.15, this second edition includes new and expanded chapters on R performance, the ggplot2 data visualization package, and parallel R computing with Hadoop. Get started quickly with an R tutorial and hundreds of examples Explore R syntax, objects, and other language details Find thousands of user-contributed R packages online, including Bioconductor Learn how to use R to prepare data for analysis Visualize your data with R's graphics, lattice, and ggplot2 packages Use R to calculate statistical tests, fit models, and compute probability distributions Speed up intensive computations by writing parallel R programs for Hadoop Get a complete desktop reference to R

A hands-on guide to using Excel in the business context First published in 2012, Using Excel for Business and Financial Modelling contains step-by-step instructions of how to solve common business problems using financial models, including downloadable Excel templates, a list of shortcuts and tons of practical tips and techniques you can apply straight away. Whilst there are many hundreds of tools, features and functions in Excel, this book focuses on the topics most relevant to finance professionals. It covers these features in detail from a practical perspective, but also puts them in context by applying them to practical examples in the real world. Learn to create financial models to help make business decisions whilst applying modelling best practice methodology, tools and techniques. • Provides the perfect mix of practice and theory • Helps you become a DIY Excel modelling specialist • Includes updates for Excel 2019/365 and Excel for Mac • May be used as an accompaniment to the author's online and face-to-face training courses Many people are often overwhelmed by the hundreds of tools in Excel, and this book gives clarity to the ones you need to know in order to perform your job more efficiently. This book also demystifies the technical, design, logic and financial skills you need for business and financial modelling.

Get in the best shape of your running career with the help of Daniels' Running Formula, the book that Runner's World magazine calls the best training book. Premier running coach Jack Daniels provides you with his legendary VDOT formula to guide you through training at exactly the right intensity to run stronger, longer, and faster. Choose a program to get in shape, target a race program, or regain conditioning after layoff or injury. Train for competition with programs for 800 meters, 1500 meters to 2 miles, cross country races, 5K to 10K, 15K to 30K, and marathon events. Each program incorporates training intensities to help you build endurance, strength, and speed. With Daniels' Running Formula, you'll track the time you spend at each level, train more efficiently, and optimize results. Completely updated with new chapters on altitude training, seasonal programming, and treadmill training, Daniels' Running Formula, Third Edition, is the most comprehensive, accessible, and instantly applicable edition to date. Customizable to your current fitness level, competition goals, and schedule, the formula is the ideal solution for any race, anywhere, anytime. Whether training or competing, get the results you're seeking every time you lace up with the workouts and programs detailed in Daniels' Running Formula.

Daniels' Running Formula-3rd EditionHuman Kinetics

Faster Road Racing

A Desktop Quick Reference

Once a Runner

A Novel

Better Training for Distance Runners

Galloway's 5K and 10K Running

As the best-selling guide in the sport, *Training Young Distance Runners* has helped countless runners achieve their best times, avoid injuries, and improve their performance progressively from season to season. Updated, expanded, and enhanced, this new edition further solidifies its standing as a must-have for athletes and coaches in cross country, track and field, and road racing. Running experts Larry Greene and Russ Pate combine the latest research with training, development, and conditioning plans from the most successful high school and college programs in the world. You'll learn to optimize performance through tempo running, interval training, and technique work to improve form. You'll gain a competitive advantage with expert advice and strategies for event-specific training, avoiding injuries, and overcoming setbacks.

With guidelines for designing customized daily, weekly, and seasonal programs—as well as coverage of hot topics including nutritional supplements, barefoot running and minimalist shoes, and gearing training to the specific needs of girls and boys—*Training Young Distance Runners* is the most complete and current training guide for the sport. Essential reading for coaches, parents, and young runners, this book has everything you need to get and stay ahead of the pack.

Explains how to determine an ideal training pace, provides pacing tables for individual races, suggests race strategies, and offers guidelines to protect against injury.

"I don't have time to run." "The run will hurt or make me tired." "I don't have my running shoes with me." "I've got too much work to do." If you're always looking for any excuse to not go running, this book is for you! Whether you're an athlete or just want to stay fit and exercise, you need to train your mind just as much as you train your body! It's easy to find excuses and stay at home, but with Jeff Galloway's mental training strategies you will find yourself staying motivated and setting and reaching new goals in no time. Jeff will help you break down your challenges into smaller steps so your next goal seems more achievable. You will learn to overcome each challenge and problem and reduce stress. You will be able to go out for your run even on tough days, after an injury or illness, or when your running buddy isn't around. In the end, you will break through barriers and stay in control and at the top. In this book, you will find many useful tips on how to deal with stress. Jeff describes typical everyday situations and how to go out and run even if your brain is making up excuses; he explains drills to help you rehearse a good response to those excuses so that over time you will change your habits; he presents training tools that will lower your stress and help you learn to set realistic goals. In addition, Jeff posits that in order to stay motivated, it is important to have good running technique. A section on better technique will help you run better and achieve your next goal. Finally, Jeff shows how using a journal can benefit your exercise regime and assist you in keeping track of your progress and the highs and lows of your training schedules. *Mental Training for Runners* will put you on the path to a positive mental environment and will turn your mind, body, and spirit into a powerful team and tool. After reading and learning from this book, there will only ever be one answer to any challenge: "I can do it!"

'Heads up – here's how to run like a pro' – *The Times* 'A fascinating book' – Adharanand Finn, author of *Running With the Kenyans* *The Lost Art of Running* is an opportunity to join running technique analyst coach and movement guru Shane Benzie on his journey across five continents as he trains with and analyses the running style of some of the most gifted athletes on the planet. 'Excellent' *Trail Running* magazine 'Shane is the Indiana Jones of the running world' Damian Hall, ultra marathon runner & journalist 'Running technique has to be one of the most subjective issues out there: 10 minutes' investigation on the internet will generally confuse rather than confirm what you should or should not be doing. Mother Nature gave us some amazing gifts as runners – if we rediscover them and use them, we can transform our dynamic and everyday movement.' Shane Benzie Part narrative, part practical, this adventure takes you to the foothills of Ethiopia and the 'town of runners'; to the training grounds of world record holding marathon runners in Kenya; racing across the Arctic Circle and the mountains of Europe, through the sweltering sands of the Sahara and the hostility of a winter traverse of the Pennine Way, to witness the incredible natural movement of runners in these environments. Along the way, you will learn how to incorporate natural movement techniques into your own running and hear from some of the top athletes that Shane has coached over the years. Whether experienced or just tackling your first few miles, this ground-breaking book will help you discover the lost art of running.

No More Excuses!

How to Find Your Limit and Train to Maximize Your Performance

The Cool Impossible

Speech & Language Processing

How to Beat Your Best Time Every Time

The Complete Guide to Food for Sports Performance

Achieve a personal best at any distance Are you looking for better race times, whether you run 5Ks or marathons? Searching for that ultimate, exhilarating moment when you're running faster than ever before? Or do you just want to have more fun when you run? You can run faster, and this book will show you how. Run Fast is a comprehensive guide for runners of all abilities to improve your speed and achieve a personal best at any distance. Hal Higdon is one of the most experienced and trusted experts in running, and this classic volume is completely revised and updated with new workouts, race distances, and advice for runners of every level. Run Fast spells out a complete program to help you increase your speed, build your endurance, improve your times, and motivate yourself to achieve your running goals. New training plans for novice runners make getting started easy. More experienced runners will discover refreshing workouts that both improve their speed and make training fun. And, if you've taken an exercise break, you'll see how to get back in shape while staying injury free. Packed with stories and tips from coaches, record-holders, and average runners alike, Run Fast is brimming with inspiration. Experience the thrill of better race times, the satisfaction of running strong, and the sheer joy that comes from running faster than ever before.

A comprehensive guide to all things running explains running physiology, biomechanics, medicine, genetics, biology, psychology, training, and racing.

Discusses the details of physiology, biochemistry, racing, injuries, and tips for different aspects of running, and covers training methods, genetic versus trainable potential, information on programs--including those for marathons--from various experts, and a look at legendary figures and events in the history of the sport.

Presents training advice for building strength and endurance, improving glexibility and speed, and learning to use performance-boosting race tactics

5K to Half Marathon

Daniels' Running Formula

A Journey to Rediscover the Forgotten Essence of Human Movement

The Serious Problem of Overhydration in Endurance Sports

The coach from Born to Run shows how to get the most from your miles - and from yourself

The Lost Art of Running

This textbook concentrates on modern topics in statistical physics with an emphasis on strongly interacting condensed matter systems. The book is self-contained and is suitable for beginning graduate students in physics and materials science or undergraduates who have taken an introductory course in statistical mechanics. Phase transitions and critical phenomena are discussed in detail including mean field and Landau theories and the renormalization group approach. The theories are applied to a number of interesting systems such as magnets, liquid crystals, polymers, membranes, interacting Bose and Fermi fluids; disordered systems, percolation and spin of equilibrium concepts are also discussed. Computer simulations of condensed matter systems by Monte Carlo-based and molecular dynamics methods are treated.

The undisputed classic of running novels and one of the most beloved sports books ever published, *Once a Runner* tells the story of an athlete's dreams amid the turmoil of the 60s and the Vietnam war. Inspired by the author's experience as a collegiate champion, the novel follows Quenton Cassidy, a competitive runner at fictional Southeastern University whose lifelong dream is to run a four-minute mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school's athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history. A rare insider's account of the incredibly intense lives of elite distance runners, *Once a Runner* is an inspiring, funny, and spot-on tale of one individual's quest to become a champion.

To thoroughly understand what makes Linux tick and why it's so efficient, you need to delve deep into the heart of the operating system--into the Linux kernel itself. The kernel is Linux--in the case of the Linux operating system, it's the only bit of software to which the term "Linux" applies. The kernel handles all the requests or completed I/O operations and determines which programs will share its processing time, and in what order. Responsible for the sophisticated memory management of the whole system, the Linux kernel is the force behind the legendary Linux efficiency. The new edition of *Understanding the Linux Kernel* takes you on a guided tour through the most significant data structures, many algorithms, and programming tricks used in the kernel. Probing beyond the superficial features, the authors offer valuable insights to people who want to know how things really work inside their machine. Relevant segments of code are dissected and discussed line by line. The book covers more than just the functioning of the code, it explains the theoretical underpinnings for why Linux does things the way it does. The new edition of the book has been updated to cover version 2.4 of the kernel, which is quite different from version 2.2: the virtual memory system is entirely new, support for multiprocessor systems is improved, and whole new classes of hardware devices have been added. The authors explore each new feature in detail. Other topics in the book include: Memory management including file buffering, process swapping, and Direct memory Access (DMA) The Virtual Filesystem and the Second Extended Filesystem Process creation and scheduling Signals, interrupts, and the essential interfaces to device drivers Timing Synchronization in the kernel Interprocess Communication (IPC) Program execution Understanding the Linux Kernel, Second Edition will acquaint you with all the inner workings of Linux, but is more than just an academic exercise. You'll learn what conditions bring out Linux's best performance, and you'll see how it meets the challenge of providing good system response during process scheduling, file access, and memory management in a wide variety of environments. If knowledge is power, then this book will help you make the most of your Linux system.

Managing Sport Facilities, Third Edition, provides students with the vital information and vocabulary to make smart decisions in all areas of facility management. This edition includes a new chapter on green facility management.

Advanced Marathoning

Lore of Running

Fitness Running

Algorithmics

Daniels' Running Formula-3rd Edition

Essentials of Programming Languages

Eric Orton has spent a lifetime learning about running and the limitless possibilities of the human body and mind, and now he is ready to share his knowledge in a book that will open up a new world of achievement for runners everywhere. For Orton, this is a chance to instruct and inspire. For the running reader, it is a chance to make amazing new strides. The Cool Impossible intended for runners and aspiring runners of all levels of ability and experience, from those contemplating their first steps, to seasoned marathoners seeking to unlock the full range of their capabilities. Starting from the feet up, Eric guides the reader through his technique for building the perfect running body. With characteristic enthusiasm and directness, Orton will draw on the inspiration of the Tarahumara Indian runners and take the reader through his devoted training programme, complete with advice on nutrition and real-world applications, as well as Orton's concept of The Cool Impossible, the belief that 'the greatest reward from running is the opportunity to do more', not just in running but in life in general.

Many students have trouble the first time they take a mathematics course in which proofs play a significant role. This new edition of Velleman's successful text will prepare students to make the transition from solving problems to proving theorems by teaching them the techniques needed to read and write proofs. The book begins with the basic concepts of logic and set theory, to familiarize students with the language of mathematics and how it is interpreted. These concepts are used as the basis for a step-by-step breakdown of the most important techniques used in constructing proofs. The author shows how complex proofs are built up from these smaller steps, using detailed 'scratch work' sections to expose the machinery of proofs about the natural numbers, relations, functions, and infinite sets. To give students the opportunity to construct their own proofs, this new edition contains over 200 new exercises, selected solutions, and an introduction to Proof Designer software. No background beyond standard high school mathematics is assumed. This book will be useful to anyone interested in logic and proofs: computer scientists, philosophers, linguists, and of course mathematicians.

Renowned running authority, coach, and best-selling author Pete Pfitzinger teams with Philip Latter, senior writer for Running Times, in this must-have training guide for the most popular race distances, including the 5K, 10K, and half marathon. *Faster Road Racing: 5K to Half Marathon* presents easy-to-follow programs proven to give you an edge in your next race. You ' ll discover detailed plans for race-specific distances as well as expert advice on balancing training and recovery, cross-training, nutrition, tapering, and training over age 40. And for serious runners who compete in numerous races throughout the year, Pfitzinger ' s multi-race, multi-distance training plans are invaluable. *Faster Road Racing* is your all-inclusive resource on running your fastest at distances of 5K, 8K to 10K, 15K to 10 miles, and the half marathon.

" Drink as much as you can, even before you feel thirsty." That's been the mantra to athletes and coaches for the past three decades, and bottled water and sports drinks have flourished into billion-dollar industries in the same short time. The problem is that an overhydrated athlete is at a performance disadvantage and at risk of exercise-associated hyponatremia (EAH)--a potentially fatal condition. Dr. Tim Noakes takes you inside the science of athlete hydration for a fascinating look at the human body ' s need for water and how it uses the liquids it ingests. He also chronicles the shaky research that reported findings contrary to results in nearly all of Noakes ' extensive and since-confirmed studies. In Waterlogged, Noakes sets the record straight, exposing the myths surrounding dehydration and presenting up-to-date hydration guidelines for endurance sport and prolonged training activities. Enough with oversold sports drinks and obsessing over water consumption before, during, and after every workout, he says. Time for the facts--and the prevention of any more needless fatalities.

Understanding the Linux Kernel

Run Stronger and Race Faster By Training Slower

Running Mechanics and Gait Analysis

Bayesian Data Analysis, Third Edition

A Practical Guide

Running Science

Recommended by "Runner's World" magazine as "the best training book" by "the world's greatest coach," "Daniels' Running Formula" provides an expert training and racing blueprint for dedicated runners of all abilities.

"The best running book ever." —Bob Anderson, founder of Runner's World Whether you're a miler or an ultramarathoner, if you want a fit, fast, and injury-resistant running body, there's a better way to train than relentlessly pursuing mileage

