



# **Runner's World The Cutting-Edge Runner: How to Use the Latest Science and Technology to Run Longer, Stronger, and Faster (Runners World)**

*Matt Fitzgerald*

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A state-of-the-science resource for runners--with the latest information on training, nutrition, injury prevention, and gear and gadgets that improve performance.

In *The Cutting-Edge Runner*, Matt Fitzgerald distills the best of this research, identifies key trends in the training methods of elite runners, and provides practical ways to adapt it all to your own training so you can dramatically increase your speed and endurance. Inside you'll find:

- A comprehensive overview of how the best competitive runners train today--covering such topics as periodization, physiological testing, group training, technique work, cross-training, recovery techniques, and individual customization
- In-depth discussions of equipment and other technologies that can benefit the runner, including shoes, orthotics, heart rate monitors, altitude tents, training software, and more
- A complete "menu" of workouts for milers to marathoners

Whether he is explaining how to use hypoxic conditioning to increase oxygen consumption capacity, telling how to prepare for the mental challenge of racing, or detailing what the latest science has to say about the pros, cons, and proper usage of more than 15 nutritional supplements and drugs, Matt Fitzgerald goes straight to the most authoritative sources and provides practical ways for the average runner to adapt methods and tools used by top runners to their own running programs.

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