



Young runner's
handbook: A guide
for young runners
and their parents

Barley, Elizabeth G

Note: This is not the actual book cover

Young Runners Handbook

**Elizabeth G. Barley, Marc Bloom, Louise
Feinsot**

Young Runners Handbook:

Young Runner's Handbook Elizabeth G. Barley, Marc Bloom, Louise Feinsot, 1979
Bloom, 2009-03-10 Loaded with clear and practical information that parents coaches and children can put to quick use Young Runners is a comprehensive guide to recreational and competitive running for children of all ages Former running coach Marc Bloom draws on years of experience as well as on some of the most successful youth running programs in the United States today to offer a safe start for our youngest runners and continued healthy running through adolescence Young Runners includes Training programs for children aged 3 to 11 12 to 14 and 15 to 18 including warm ups and stretches for injury prevention Information about speed and distance as well as weekly training programs A guide to youth races across America Bloom also outlines the different basics for boys and girls cross training for enhanced performance in other sports and the best way to add running to the lives of special needs children Filled with inspiring stories and straightforward advice Young Runners focuses above all on the enjoyment of running that should be a part of every kid s life
Young Runner's Handbook Barley E, Elizabeth G. Barley, Mark Bloom, 1981-05-01
A Handbook for Young Runners Tom Vincent, 1995

The Competitive Runner's Handbook Bob Glover, Shelly-lynn Florence Glover, 1999-04-01 For both runners entering that first neighborhood race and elite marathoners trainers Bob and Shelly lynn Florence Glover s completely revised guide is the book on training to compete A book that s already sold close to 200 000 copies The Competitive Runner s Handbook will now offer all the latest information needed to design basic training programs special workouts to increase strength endurance and power schedules and worksheets to develop individual goals and specifics on preparing for all kinds of races with an emphasis on the 10K and the marathon Informed by their over thirty years of coaching experience the Glovers give winning tips on alternative training footwear and diet and common injuries and illnesses as well as sensible advice on balancing running with work and home life
Young Runners at the Top Brad Hudson, Lize Brittin, Kevin Beck, 2017-06-16 In today s hyper competitive world young athletes are often pushed to compete and pressured to succeed to the point of burnout It doesn t have to be that way though because many young runners genuinely enjoy training and racing But in order to train and compete intelligently to become better runners yet avoid injuries or academic and social missteps they need guidance Young Runners at the Top A Training Racing and Lifestyle Guide for Competitors and Coaches provides helpful instructions and suggestions for runners of all abilities Drawing on their experiences as coaches and runners authors Brad Hudson Lize Brittin and Kevin Beck offer insights into how pre teens and teens can become faster and stronger athletes Chapters cover such key topics as choosing the right gear cross training the mental side of running new technology how to integrate running into daily life and proper nutrition Sample training schedules for beginning intermediate and elite runners make this a truly comprehensive resource for runners at all levels Using examples of athletes who have excelled both as youngsters and adults and citing wisdom from top running coaches this book encourages young runners to develop the inner strength and discipline

required in a demanding sport Ultimately Young Runners at the Top shares with athletes coaches and parents not only what it takes to become a top runner but also how to maintain a positive attitude and enjoy the act of running day after day year after year Newsletter ,1980 The Development of a Handbook for Junior High Cross Country and Young Runners in the Parma School District Dan Gelhar,1983 *Settler's Guide and Farmer's Handbook ...* Western Australia. Department of Agriculture,1897 Handbook of the Central High School of Philadelphia Philadelphia (Pa.) Central High School,1929
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