

TRAINING YOUNG DISTANCE RUNNERS

Third Edition

*Proven plans for
cross country,
track, and
road racing*

**Larry Greene
Russ Pate**



Training For Young Distance Runners

Greene, Laurence S., Pate, Russell



Training For Young Distance Runners:

Training Young Distance Runners-3rd Edition Greene, Laurence S.,Pate, Russell,2014-12-13 Essential for coaches and parents of teen runners involved in cross country distance track events and road racing Training Young Distance Runners draws on the latest scientific research to present easily understood and applied training plans plus guidelines for designing customized programs

Training for Young Distance Runners Laurence S. Greene,Russell R. Pate,2004 Race your best this season with science based training specifically geared for teenage runners Your performance will soar when you follow the proven guidelines on designing customized daily weekly and seasonal programs Running experts Larry Greene and Russ Pate combine the latest research with what works in the most successful high school and college programs throughout the country You ll learn how to optimize performance through tempo running interval training technique drills circuit and weight training and flexibility exercises And you ll gain a competitive advantage by applying guidelines for choosing the best foods and nutritional supplements developing mental fitness and preventing injuries Training for Young Distance Runners has everything you need to build a winning training program for cross country track and field and road racing events Get this book and get ahead of the pack

Training for Young Distance Runners - Technique, Conditioning, Racing Larry Greene,1997

Training Young Distance Runners Larry Greene,Russell R. Pate,2014-12-30 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

Training Your Young Distance Runners Russ PATE,1996

Strength Training for Young Athletes William J. Kraemer,Steven J. Fleck,1993 This guide attempts to debunk the myths about weight training and young people and aims to help readers to learn how to design strength training programmes for all major muscle groups and for 16 sports

The Youth and Teen Running Encyclopedia Mick Grant,John Molvar,2014-02-18 This is the first ever complete guide for middle and distance runners ages 6 to 18 and their coaches and parents It shows the proven formula of Mick Grant which produced National

Champions several years in a row from a group of ordinary local kids near Mick's home in Northeast Massachusetts who asked him to be their coach. The book lays out in detail how youth and teen athletes and their coaches or parents can take them to successively higher levels year after year after year following the proven success of Mick's training program. What differentiates this program and this book from other programs and books is that it is a unique blend of building endurance and improving basic speed throughout the year so that the athlete is much better next year than they are this year. The program uses a FUN FIRST approach making sure the athlete is enjoying what they are doing and staying healthy to allow consistent training. It is the first such book to cover every topic imaginable for the youth and teen middle distance runner jammed packed with over 225 pages of vital information. This book is a must read for all youth runners age 6 to 18 and anyone helping youth runners starting on the way to a life long enjoyment of running and a successful running career including youth runners parents of youth runners youth runner club coaches and high school coaches. While this book is geared to youth runners it is a valuable resource to all middle and distance runners and coaches regardless of age or level because the same basic principles apply to all middle and distances runners. Page 4 of cover **Track Technique**, 1991

Harper's Young People, 1889 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. *Distance Training for Young Athletes* Arthur Lydiard, Garth Gilmour, 1999. Providing instruction on distance training for young athletes up to the age of 18, this book contains guidance on how to keep distance running enjoyable for children, teenagers and their coaches. The book discusses the philosophy, physiology and techniques of running for fun and success, explains the principles of training, discusses the value of vitamins and minerals coupled with a healthy diet, shows how pupil and coach can best work together and sets out special schedules to guide the training of all age groups. The methods

explained here have been tested on young athletes for more than three decades most recently on a large group of youngsters in Auckland

The New York Road Runners Club Complete Book of Running and Fitness Fred Lebow, Gloria Averbuch, New York Road Runners Club, 1998 This the complete guide to running for everyone from the casual jogger to the ultra marathoner The latest on training nutrition and motivation is included here with race calendars 26 week training programs and lists of contact names

Runner's World ,2008 *Biomechanical and Physiological Effects of Plyometric Training on High School Cross-country Runners* Mark C. Lathrop, 2001 **Track & Field Quarterly Review** ,1994 The Science and Practice of Middle and Long Distance Running Richard Blagrove, Philip Hayes, 2021-03-29 The popularity of distance running as a sport and a recreational activity is at an all time high Motivated by the desire to achieve a personal best remain healthy or simply complete an event distance runners of all ages and abilities actively seek out advice from experienced coaches and sport scientists This is also reflected in the growth of programmes of education for young coaches and aspiring sport scientists in recent years There are a multitude of different approaches to training distance runners however the basic principles and ingredients required for success are applicable to any distance runner The science that underpins the training and physical preparation of distance runners has developed considerably in recent years The most experienced and successful coaches in the distance running community rarely have the opportunity to share their tried and tested methods of training Similarly the novel work of sport scientists is often only accessible to elite runners their support teams and academia The Science and Practice of Middle and Long Distance Running links together the science and coaching artistry associated with preparing distance runners for events ranging from 800 m up to ultra marathon distances It combines the latest scientific evidence published by world leading sport scientists with the sound training principles and strategies adopted by experienced coaches The book translates cutting edge scientific research from the fields of physiology biomechanics psychology and nutrition into practical suggestions for achieving success Important topical issues and contemporary practices related to health and performance are also addressed This book is an essential addition to the library of any distance runner coach or sport scientist

What Research Tells the Coach about Distance Running David L. Costill, 1968 **Sports and Recreational Activities** Dale P. Mood, Frank F. Musker, Judith E. Rink, 2003 This comprehensive text offers fundamental information on forty three different sports and recreational activities Up to date material includes an overview of all aspects of the sport including history equipment rules fundamental skills techniques etiquette strategy teaching considerations leadup games and reference materials including videos Most importantly this textbook can be used effectively by participants instructors and instructors to be Publisher **All about Road Racing** Tom Heinonen, Janet Heinonen, 1979 **Medicine & Science in Sports & Exercise Volume 33** ,2001

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