

# Timex Ironman Triathlon Manual

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Microsoft Exchange Plain and Simple  
Holistic Fueling for Ironman Triathletes  
Get-Fit Guy's Guide to Achieving Your Ideal Body

## Born to Run

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

## Core Connections

The original British Army anthology on leadership, used to train generations of officers, brings together the collected wisdom of great military leaders, tacticians and historians with the authentic voices of unknown soldiers. Moving, inspiring, amusing and thought-provoking, it teaches lessons about motivation, leadership and morale that are every bit as valuable to today's leaders and managers. Complete with a new introduction by Robin Matthews, who commanded the Light Dragoons in Iraq, on the background to 'Serve to Lead' and its relevance to his own career and experiences from Sierra Leone to Afghanistan.

## Bicycling

RUN WITH POWER is the groundbreaking guide you need to tap the true potential of your running power meter. From 5K to ultramarathon, a power meter can make you faster—but only if you know how to use it. Just viewing your numbers is not enough; you can only become a faster, stronger, more efficient runner when you know what your key numbers mean for your workouts, races, and your season-long training. In Run with Power, TrainingBible coach Jim Vance offers the comprehensive guide you need to find the speed you want. Run with Power demystifies the data and vocabulary so you can find and understand your most important numbers. You'll set your Running Power Zones so you can begin training using 8 power-based training plans for 5K, 10K, half-marathon, and marathon. Vance shows you how you can compare wattage, heart rate, pace, and perceived exertion to gain the maximum insight into your performances, how you respond to training, and how you can train more effectively. Run with Power will revolutionize

how you train and race. Armed with Vance's guidance, you can train more specifically for races, smooth your running technique, accurately measure your fitness, predict a fitness plateau, monitor injuries, know exactly how hard you're training, get more fitness from every workout, recover fully, perfect your tapers, warm up without wasting energy, pace your race on any terrain, know when to open the throttle, and create an unprecedented picture of yourself as an athlete. If you're just glancing at the number on your wrist or computer monitor, you've got a lot more speed potential. Knowledge is power and understanding your power numbers can open the gate to new methods and new PRs. Run with Power introduces the use of power meters to the sport of running and will show you how to break through to all-new levels of performance. Key concepts explored in Run with Power: 3/9 Test, 30-minute Time Trial Test, Running Functional Threshold Power (rFTPw), Running Functional Threshold Pace (rFTPp), Averaged and Normalized Power (NP), Intensity Factor (IF), Peak Power, Variability Index, Efficiency Index (EI), speed per watt, Vance's Power Zones for Running, Training Stress Score (TSS), and Periodization with Power. Includes 6 testing methods and 8 power-based training schedules and workouts for 5K, 10K, half-marathon, and marathon.

### **The Heart Rate Monitor Book**

THE NEW YORK TIMES BESTSELLER From the Civil War to our combustible present, *White Rage* reframes the continuing conversation about race in America, chronicling the history of the powerful forces opposed to black progress. Since the abolishment of slavery in 1865, every time African Americans have made advances towards full democratic participation, white reaction has fuelled a rollback of any gains. Carefully linking historical flashpoints – from the post-Civil War Black Codes and Jim Crow to expressions of white rage after the election of America's first black president – Carol Anderson renders visible the long lineage of white rage and the different names under which it hides. Compelling and dramatic in the history it relates, *White Rage* adds a vital new dimension to the conversation about race in America. 'Beautifully written and exhaustively researched' CHIMAMANDA NGOZI ADICHIE 'An extraordinarily timely and urgent call to confront the legacy of structural racism' NEW YORK TIMES BOOK REVIEW 'Brilliant' ROBIN DIANGELO, AUTHOR OF *WHITE FRAGILITY*

### **Not Your Mother's Slow Cooker Cookbook**

The Triathlete's Training Bible is the bestselling and most comprehensive reference available to triathletes. Based on Joe Friel's proven, science-based methodology and his 28 years of coaching experience, The Triathlete's Training Bible has equipped hundreds of thousands of triathletes for success in the sport. The Triathlete's Training Bible equips triathletes of all abilities with every detail they must consider when planning a season, lining up a week of workouts, or preparing for race day. With this new edition, you will develop your own personalized training plan and learn how to: improve economy in swimming, cycling, and running balance intensity and volume gain maximum fitness through smart recovery make up for missed workouts and avoid overtraining adapt your training plan based on your progress build muscular endurance with a new approach to strength training improve body composition with smarter nutrition The Triathlete's Training Bible is

the best-selling book on tri training ever published. Get stronger, smarter, and faster with this newest version of the bible of the sport.

### **Simple Sabotage**

Biblical archeologist Dr. Jacob Cooper arrives in Togwana with his children Jay and Lila and one goal-to discover the secret behind the two-mile-high Stone that has mysteriously appeared overnight. Who could have excavated, carved, and transported the colossal Stone? The Coopers' uneasiness soon turns into dread as they are watched and threatened by the country's new government and brutal dictator Id Nkromo. Follow the Coopers as they race to solve the mystery of the desert stone!

### **Serve to Lead**

From mountain bikes and road racers to hybrids, the Bicycle Repair Manual helps riders keep their bikes in peak condition. Perfect for beginners and dedicated cyclists alike, this updated guide to bicycle repair includes the latest technological advances in cycling, troubleshooting charts, hints and tips for diagnosing and problem, and servicing schedules.

### **Solar Trillions**

Exchange is an integrated feature of the Windows 95 operating system. This guide covers all the features of the package's e-mail system, scheduling, electronic forms and groupware applications. It explains how to use Exchange Inbox in Windows 95, which pro

### **Citrus Essential Oils**

Here is a unique book. It describes the theories and processes of repairing and adjusting the modern watch in precise and meticulous detail: a thing which has never been done so completely before in the many books on the same subject. As a text book it is a revelation. Taking nothing for granted, except the ability to read and comprehend a simple description of mechanical processes, de Carle takes his reader through every stage and every operation of watch repairing and to deal with them thoroughly is quite a programme - it takes 300 pages containing 24 chapters, two appendices and 553 illustrations. The fine draughtsmanship and accurate technical detail of the illustrations set a new standard. Practical Watch Repairing can justifiably claim to be the best illustrated book on practical horology yet issued, and one of the best of its kind on any subject. The publication of the book marks the beginning of a new epoch in the study of the mechanics of horology.

### **Run with Power**

## **Resistance Training Routines for Triathletes (Enhanced Edition)**

Fall in love with your slow cooker all over again. You probably own a slow cooker—80 percent of American households do. For more than thirty years, its unbeatable convenience and practicality have made it a staple of busy families, enabling anyone to return to a home-cooked meal at the end of a hectic day. Beth Hensperger and Julie Kaufmann turned slow cooker recipes on their head with *Not Your Mother's Slow Cooker Cookbook*, making it one of the best-selling slow cooker cookbooks of all time. Now, they're going global with this revised and updated edition that includes 50 new recipes from a variety of cuisines (Greek, Spanish, Thai, Chinese, Indian, Mexican, Middle Eastern, and more) plus an exciting new collection of ways to use any slow cooker to make pulled pork and other bbq-flavored dishes. All your favorite, classic slow cooker recipes are still here, plus many more from international cuisines that bring flavor and adventure to any meal, including: Tortilla Breakfast Strata with Homemade Turkey Chorizo Curried Chickpeas with Creamy Cucumber-Tomato Salad Orange Hoisin Chicken Hungarian Beef Stew with Paprika and Marjoram Soulfully Good Pork Spareribs with Pineapple and Ginger Chicken and Shrimp Jambalaya Chocolate Peanut Butter Pudding Cake There is also practical information on the different types of slow cookers, their latest accessories, and what sizes are best for what purposes. With over 350 recipes, this is the go-to guide for every home. Discover even more modern takes on classic techniques and dishes from the *Not Your Mother's* series: *Not Your Mother's Slow Cooker Recipes for Two*; *Not Your Mother's Microwave Cookbook*; *Not Your Mother's Fondue*; *Not Your Mother's Casseroles Revised and Expanded Edition*; and *Not Your Mother's Make-Ahead and Freeze Cookbook Revised and Expanded Edition*.

### **Time Tamed**

Hunter Allen and Andy Coggan, PhD have completely revised the book that made power meters understandable for amateur and professional cyclists and triathletes. Power meters have become essential tools for competitive cyclists and triathletes. No training tool can unlock as much speed and endurance as a power meter--for those who understand how to interpret their data. A power meter displays and records exactly how much energy a cyclist expends, which lends unprecedented insight into that rider's abilities and fitness. With the proper baseline data, a cyclist can use a power meter to determine race strategy, pacing, and tactics. *Training and Racing with a Power Meter* makes it possible to exploit the incredible usefulness of the power meter by explaining how to profile strengths and weaknesses, measure fitness and fatigue, optimize workouts, time race readiness, and race using power. This new edition: Enables athletes to predict future performance and time peak form Introduces fatigue profiling, a new testing method to pinpoint weaknesses Includes two training plans to raise functional threshold power and time peaks for race day Offers 75 power-based workouts tuned for specific training goals This updated edition also includes new case studies, a full chapter on triathlon training and racing, and improved 2-color charts and tables throughout. *Training and Racing with a Power Meter*, will continue to be the definitive guide to the most important training tool ever developed for endurance sports.

### **White Rage**

THE HEART RATE MONITOR BOOK is for anyone who wants to learn about the use of one of the most important pieces of exercise equipment today. Get the information you need to start the fitness program that works! The heart rate monitor has the potential to revolutionize training for health, fitness, and competition.

### **Istoé**

Looks at what life was like for those who were not on an expedition, including Viking houses and farms, the roles of men and women, slavery, and what Viking feasts were like.

### **Run the Mile You're In**

In this expanded edition of the 2017 mega-bestseller, updated with brand new sections like DO WHAT MAKES YOU HAPPY, SUGAR COATED LIES and DON'T NEGOTIATE WITH WEAKNESS, readers will discover new ways to become stronger, smarter, and healthier. Jocko Willink's methods for success were born in the SEAL Teams, where he spent most of his adult life, enlisting after high school and rising through the ranks to become the commander of the most highly decorated special operations unit of the war in Iraq. In Discipline Equals Freedom, the #1 New York Times bestselling coauthor of Extreme Ownership describes how he lives that mantra: the mental and physical disciplines he imposes on himself in order to achieve freedom in all aspects of life. Many books offer advice on how to overcome obstacles and reach your goals--but that advice often misses the most critical ingredient: discipline. Without discipline, there will be no real progress. Discipline Equals Freedom covers it all, including strategies and tactics for conquering weakness, procrastination, and fear, and specific physical training presented in workouts for beginner, intermediate, and advanced athletes, and even the best sleep habits and food intake recommended to optimize performance. FIND YOUR WILL, FIND YOUR DISCIPLINE--AND YOU WILL FIND YOUR FREEDOM

### **Notes on the Next War**

### **Stochastic Calculus for Finance**

Teaches how to customize workouts according to body type, achieving more success in losing weight and building muscle.

### **Viking Families and Farms**

Inspired by the Simple Sabotage Field Manual released by the Office of Strategic Services in 1944 to train European resistors, this is the essential handbook to help stamp out unintentional sabotage in any working group, from major corporations to volunteer PTA committees. In 1944, the Office of Strategic Services (OSS)—the predecessor of today's CIA—issued the Simple Sabotage Field Manual that detailed sabotage techniques designed to demoralize the enemy. One section focused on eight incredibly subtle—and devastatingly destructive—tactics for sabotaging the

decision-making processes of organizations. While the manual was written decades ago, these sabotage tactics thrive undetected in organizations today: Insist on doing everything through channels. Make speeches. Talk as frequently as possible and at great length. Refer all matters to committees. Bring up irrelevant issues as frequently as possible. Haggle over precise wordings of communications. Refer back to matters already decided upon and attempt to question the advisability of that decision. Advocate caution and urge fellow-conferes to avoid haste that might result in embarrassments or difficulties later on. Be worried about the propriety of any decision. Everyone has been faced with someone who has used these tactics, even when they have meant well. Filled with proven strategies and techniques, this brief, clever book outlines the counter-sabotage measures to detect and reduce the impact of these eight classic sabotage tactics to improve productivity, spur creativity, and engender better collegial relationships.

### **Runner's World**

Designed by nationally renowned author, exercise physiologist, sports nutritionist, and triathlon coach, Ben Greenfield, this comprehensive daily nutrition plan for Ironman triathletes goes far beyond simple "meal suggestions." Instead, you'll receive an exact weekly plan for base training, building to a race, carb loading, race day fueling, and even off-season and recovery weeks. With the life of a busy Ironman triathlete in mind, the meal plan includes minimal meal preparation times and food choices that are easily accessible at commercial grocery stores. In addition, nutritional supplements and ergogenic aids for each period of the training year are included, complete with dosage suggestions. Most importantly, this plan is designed with your health in mind. You now have the ultimate solution to consuming thousands of calories without destroying your body. Secrets revealed inside this book include: - The Three Crucial Concepts that are vital to understanding why you may be destroying your body with traditional Ironman fueling. - Over 100 pages of step-by-step instructions for shopping, preparing and designing your meals. - A plan for Base Training, Build Training, Rest Days, Rest Weeks, Race Tapering, Race Week and Race Day. - And much, much more

### **The Secret of The Desert Stone**

### **The Complete Triathlon Endurance Training Manual**

### **Bicycle Repair Manual**

Commercially used for food flavorings, toiletry products, cosmetics, and perfumes, among others, citrus essential oil has recently been applied physiologically, like for chemoprevention against cancer and in aromatherapy. Citrus Essential Oils: Flavor and Fragrance presents an overview of citrus essential oils, covering the basics, methodology, and applications involved in recent topics of citrus essential oils research. The concepts, analytical methods, and properties of these oils are described and the chapters detail techniques for oil extraction, compositional analysis, functional properties, and industrial uses. This book is an unparalleled

resource for food and flavor scientists and chemists.

## **Fundamentals of Wearable Computers and Augmented Reality**

### **Practical Watch Repairing**

Book 4 of Cowboys & Brides From New York Times and USA Today-bestselling author Carolyn Brown comes a contemporary Western romance filled to the brim with sexy cowboys, gutsy heroines, and genuine down-home Texas twang. Texas rancher Mason Harper's daughters want a new mama in the worst way, and when a beautiful woman in a tattered wedding gown appears on their doorstep, the two little girls adopt her-no ifs, ands, or buts about it. Mason isn't sure about taking in a complete stranger, but Lord knows he needs a nanny, and Annie Rose Boudreau stirs his heart in long-forgotten ways Annie Rose is desperate, and when a tall, sexy cowboy offers her a place to stay, she can't refuse. After all, it's just for a little while. As she settles in deeper, her heart tells her both Mason and her role as makeshift mama suit her just fine. But will Mason feel the same way once her nightmare past catches up with her? Fans of Linda Lael Miller and Diana Palmer will thrill to this moving story of a lonely cowboy and his two little girls finding the family of their dreams. Cowboys & Brides Series: Billion Dollar Cowboy (Book 1) The Cowboy's Christmas Baby (Book 2) The Cowboy's Mail Order Bride (Book 3) How to Marry a Cowboy (Book 4) Praise for Bestselling Contemporary Western Romances by Carolyn Brown: "Sizzling Brown imbues her lively story with lots of heart."-Publishers Weekly "Hilarious a great, entertaining read."-Fresh Fiction "Writing so expressive I could almost hear the country drawl."-Night Owl Reviewer Top Pick, 4 stars

### **Training and Racing with a Power Meter, 2nd Ed.**

Ryan Hall is an Olympic athlete and American record holder in the half marathon (59:43). But as a kid, Ryan hated running. He wanted nothing to do with the sport until one day, he felt compelled to run the 15 miles around his neighborhood lake. He was hooked. Starting that day, Ryan felt a God-given purpose in running. He knew he could, and would, race with the best runners in the world and that his talent was a gift to serve others. These two truths launched Ryan's 20-year athletic career and guided him through epic failures and exceptional breakthroughs to competing at the highest level. Along the way, Ryan learned how to focus on his purpose and say no to distractions, to select and strive for the right goals--goals for the heart as well as the body. With God's guidance and millions of miles pounded out on the track, Ryan discovered secrets to dealing with defeat and disappointment, enduring immense pain, building resilience, and ultimately, running as if you've already won. Now a coach, speaker, and nonprofit partner, Ryan shares the powerful faith behind his athletic achievements and the lessons he learned that helped him push past limits, make space for relationships that enrich life on and off the running trails, and cultivate a positive mindset. Journey with Ryan as he reflects on the joys and trials of the running life and discover for yourself the power of a life devoted to your God-given purpose.

## **80/20 Running**

"Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program--in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity--is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, 80/20 Running is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon distances"--

## **UNCLE**

Bicycling magazine features bikes, bike gear, equipment reviews, training plans, bike maintenance how tos, and more, for cyclists of all levels.

## **How to Marry a Cowboy**

A guide to exercising and getting in shape using a heart rate monitor. It discusses: burning more fat per minute; how a heart monitor works; the five heart zone system; workouts for beginners and athletes; using a monitor to measure fitness; how to lose weight with a monitor; and more.

## **Inside Triathlon**

Data will not help you if you can't see it where you need it. Or can't collect it where you need it. Upon these principles, wearable technology was born. And although smart watches and fitness trackers have become almost ubiquitous, with in-body sensors on the horizon, the future applications of wearable computers hold so much more. A trusted reference for almost 15 years, *Fundamentals of Wearable Computers and Augmented Reality* goes beyond smart clothing to explore user interface design issues specific to wearable tech and areas in which it can be applied. Upon its initial publication, the first edition almost instantly became a trusted reference, setting the stage for the coming decade, in which the explosion in research and applications of wearable computers and augmented reality occurred. Written by expert researchers and teachers, each chapter in the second edition has been revised and updated to reflect advances in the field and provide fundamental knowledge on each topic, solidifying the book's reputation as a valuable technical resource as well as a textbook for augmented reality and ubiquitous computing courses. New Chapters in the Second Edition Explore:

- Haptics
- Visual displays
- Use of augmented reality for surgery and manufacturing
- Technical issues of image registration and tracking
- Augmenting the environment with wearable audio interfaces
- Use of augmented reality in preserving cultural heritage
- Human-computer interaction and augmented reality technology
- Spatialized sound and augmented reality
- Augmented reality and robotics
- Computational clothing

From a technology perspective, much of what is happening now with wearables and augmented reality would not have been possible even five years ago. In the fourteen years since the first edition burst on the scene, the capabilities and applications of both technologies are orders of magnitude faster, smaller, and cheaper. Yet the book's overarching mission remains the same: to

supply the fundamental information and basic knowledge about the design and use of wearable computers and augmented reality with the goal of enhancing people's lives.

### **The Triathlete's Training Bible**

Introduces key results essential for financial practitioners by means of concrete examples and a fully rigorous exposition.

### **Runner's World How to Make Yourself Poop**

Pakistani Assistance For The Anti-Government Of India Activities Was Not Due To Only Its Revanchist Spirit Following Its Loss Of East Pakistan But For Keeping Its military Preoccupied With Internal Security Duties Thereby Trying To Neutralize The Superiority Of The Indian Armed Forces. Such A Policy Could Ultimately Weaken The Unity Of India Just As The Bleeding Of Soviet Troops In Afghanistan Contributed To The Break-Up Of Ussr. Terrorism Is An Absolute Evil And Has To Be Treated As Such.

### **Discipline Equals Freedom**

### **Sally Edwards' the Heart Rate Monitor Guidebook to Heart Zone Training**

'Downright fascinating indispensable reading' Daily Telegraph 'Nicholas Foulkes' excellent book is beautifully illustrated. Captivating' Daily Mail For more than 25,000 years, humanity has sought to understand and measure the passing of time, in the process creating some of the most remarkable and beautiful timepieces. Now, in Nicholas Foulkes' lavishly illustrated book, the battle to tame time is brought vividly to life. From the baboon bone dating back to the palaeolithic era that marked the lunar cycle and on to the 3500-year-old water clock at Karnak, from our earliest days mankind has sought to track the passing of time. More recently, the struggles to measure longitude and to create a workable train timetable across the vast, open expanse of the United States have inspired new developments. In Time Tamed, Nicholas Foulkes reveals how we have done this by focusing on some of the most significant developments in timekeeping across the ages. He also highlights the most stunning and lavish clocks and watches in history - from Big Ben to Rolex - for telling the time has never been purely about function, but also about design. The book is filled with remarkable tales, from the 14th century monk in St Albans who created one of the first mechanical clocks to the Holy Roman Emperor who built a clock into an automated ship that fired a cannon to summon guests to dinner. More recently, there was the Surrey woman who used a Napoleonic era watch to 'deliver' the accurate time to London shopkeepers in the wartime era of Churchill, or the Swiss denture maker who solved a tricky problem for the Indian Raj's polo players. Time Tamed is a book you'll want to spend many hours enjoying.

### **Best's Safety Directory**

## **A Terrorist State as a Frontline Ally**

This is the first and only book for uncles and aunts who want to have a positive and lasting impact on their sibilings' children. "Uncle: The Definitive Guide for Becoming the World's Greatest Aunt or Uncle" celebrates the unique, indispensable and slightly zany role of aunts and uncles in our society. It helps aunts and uncles realize their role through a collection nearly 190 fun and whacky activities that nieces and nephews need to master to grow up as great kids: things that the grandparents have forgotten and that the parents wouldn't ever think to teach. Show them how to scream, "Haaaaaaay!" while Dad is driving past a farm. Turn an orange peel into teeth that would scare a dentist away from her drill. Or spend time hanging out doing the fine art of nothing. The "Uncle: The Definitive Guide for Becoming the World's Greatest Aunt or Uncle" will appeal to anyone who has an endearing aunt or uncle, whether blood relative or a revered unofficial aunt or uncle, or scoutmasters and other adults who get to engage kids in fun and useful activities. It's a far better birthday gift than another tie.

## **Marathoning for Mortals**

This enhanced edition includes high-quality video instructions and workout demonstrations for each of the training routines in the book. Resistance Training Routines for Triathletes is an easy to understand manual with complete instructions and guides to cutting-edge strength training programs for multi-sport athletes. This book contains the identical routines that triathlete, Ben Greenfield uses in his triathlon training, adapted for all experiences and fitness levels, and designed in an easy to follow format.

## **Time**

Once considered a feat for superhuman athletes, the marathon is now within every mortal's grasp. Former couch potato John Bingham has joined forces with coach Jenny Hadfield to create a winning plan that works for every mortal--even you. In Marathoning for Mortals, you'll find the courage to train, the willpower to persevere, and the tenacity to finish one mile after another. John and Jenny stick with you every step of the way, from your first insecure thoughts to your last-minute jitters to your supreme joy at the finish line. In Marathoning for Mortals, you'll find:

- 8 training programs to run, run-walk, walk-run, or walk the half-marathon and marathon
- The advice you need to physically, mentally, and spiritually reach your dreams
- Tips to help you customize your training, buy the right shoes and apparel, and eat the best foods
- Guidance for common motivational, physical, and emotional roadblocks

Join John and Jenny on an amazing transformative journey where the finish line is just the beginning.

## **Microsoft Exchange Plain and Simple**

## **Holistic Fueling for Ironman Triathletes**

Solar Trillions reveals market opportunities worth \$35+ trillion of the \$382 Trillion we'll spend in energy by 2050. The author shows why solar is the only clean energy source that can scale and why disruptive tech make it inevitable. Here are the seven amazing opportunities. 1: Desert Power: \$9 trillion To provide all of America's electricity today, we would need just 100-by-100-mile square of desert. 2: Powering Industry: \$7.1 trillion 24/7 solar power is here-and can reliably run factories & industry. 3. Island/Village Power: \$2.6 trillion Two billion people around the world pay up to 10 times today's PV cost. 4: Power to the People: \$8.7 trillion With Solar BIPV, walls, windows, and bricks will make money for building owners. 5: Bottled Electricity: \$1.5 trillion We will hit peak water before we hit peak oil. 6: Energy in a Box: \$5 trillion The race for electricity batteries is on. Solar thermal is ahead. 7: Internet Times Ten: \$6.5 trillion The eBay of electricity is coming.

### **Get-Fit Guy's Guide to Achieving Your Ideal Body**

Every runner knows how important it is to clear out before you head out—and Runner's World How to Make Yourself Poop shows you how. With tips on training, nutrition, gear, motivation, health, and racing delivered with humor and clarity, this book is essential reading for any runner who wants to improve your performance. From "The Best Way to Tie Your Shoes" to "3 Ways to Make Yourself Poop" and everything in between, these short, easy-to-use tips from reliable experts will benefit any runner.

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