The Runner's Edge: High-tech Training for Peak Performance

By Stephen McGregor, Matt Fitzgerald

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, The Runner's Edge: High-tech Training for Peak Performance, Stephen McGregor, Matt Fitzgerald, Elite runners have long relied on technology to analyse performance, maximise training and challenge the competitive boundaries of the sport. Serious runners long sought the same advantages only to be confronted with a costly and complicated process. Not any longer. Now, "The Runner's Edge" is here. "The Runner's Edge" takes the reader inside tech-based training, from the assortment of speed and distance devices available to the advantages of tracking and analysing the results with the latest software. With the most current research in sport and science, the reader will learn to leverage technology for more productive workouts and faster times. Complete with a consumer buying guide, sample programmes from 5K to marathon, guidelines for using technology on race day and triathlon-specific strategies, "The Runner's Edge" will revolutionise running regimen.

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