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Enough? Mental Fatigue and Brain Fuel for Runners

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Based on new research in exercise physiology, author

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and running expert Matt Fitzgerald introduces a first-of-its-kind training strategy that he's named "Brain Training." Runners of all ages, backgrounds, and skill levels can learn to maximize their performance by supplying the brain with the right feedback.

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Based on Fitzgerald's eight-point brain training system, this book. Based on new research in exercise physiology, author and running expert Matt Fitzgerald introduces a first-of-its-kind training strategy that he's named Brain Training. Runners of all ages,

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Brain Training for Runners: A Revolutionary New Training ...

Brain Training for Runners is for any runner searching for a customizable system that supports the continued development of the mind and the body. I am training and competing on a whole new level because of what I discovered while reading this book and have never been more confident in my potential as an athlete because I now have a better understanding of how my brain regulates my body--not the other way around.

Book Review: Brain Training for Runners |

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Based on Fitzgerald's eight-point brain training system, this book will help runners: - Resist running fatigue - Use cross-training as brain training - Master the art of pacing - Learn to run "in the zone" - Outsmart injuries - Fuel the brain for maximum performance - And more Packed with cutting-edge research, real-world examples, and the wisdom of the world's top distance runners, Brain Training for Runners offers easily applied advice and delivers practical results for a better overall ...

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So a few researchers scattered around the globe have begun testing methods of harnessing the brain's power: zapping it with electric current, modifying the activity of certain brain regions, or...

How to Build Mental Muscle | Runner's World

Runners of all ages, backgrounds, and skill levels can learn to maximize their performance by supplying the brain with the right feedback. Based on Fitzgerald's eight-point brain training system, this book will help runners: - Resist running fatigue - Use cross-training as brain training - Master the art of pacing - Learn to run "in the zone"

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Brain Training for Runners: A Revolutionary New Training ...

In Brain Training, the author talks about the ballistic style of running that elite runners use and how they are actually floating in the air the majority of the time. Practicing his cues helped me evolve my stride to emulate the elite runner form and all I can say is wow.

Amazon.com: Customer reviews: Brain Training for Runners ...

Brain Training for Runners: A Revolutionary New Training System to Improve Endurance, Speed, Health, and Results Paperback – Illustrated, Sept. 4 2007 by Matt Fitzgerald (Author), Tim Noakes MD

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In 2008, German neuroscientists put that right. They used functional brain imaging to show that, in trained runners, beta-endorphin levels do indeed spike in the brain after a two-hour run....

What does running do to your brain? | Life and style | The ...

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I ran my first marathon a few months ago. In addition to the usual training -- tempos, intervals, long runs, mileage -- I did 12 weeks of computer-based "brain endurance training" with the aim of...

Brain Endurance Training | Runner's World

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- Resist running fatigue
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- Master the art of pacing
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