


# Lore of Running

*By Timothy D. Noakes*

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**Lore of Running** By Timothy D. Noakes

This updated version of "Lore of Running" covers everything runners, trainers, and coaches want to know about running from physiology, training, and history to health and medical considerations. Author Timothy Noakes, himself a runner, research scientist, and physician, presents comprehensive information that is firmly based on science but written in a down-to-earth way that every layperson can understand. Part I of "Lore of Running" explores the physiology of running. In Part II, Noakes considers all aspects of training for running. Part III, Health and Medical Considerations, provides complete information about recognizing avoiding and treating injuries.

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