



Running Anatomy

Joe Puleo , Patrick Milroy

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See what it takes to maximize running strength, speed, and endurance! *Running Anatomy* will show you how to improve your performance by increasing muscular strength, optimizing the efficiency of your running motion, and minimizing your risk for injury.

Running Anatomy features 50 of the most effective strength exercises for runners, each with clear, step-by-step descriptions and full-color anatomical illustrations highlighting the muscles in action. But you'll find much more than exercises--you'll also see their results.

Running Anatomy places you in the action, fundamentally linking each exercise to running performance. You'll see how to strengthen muscles, reduce injury, and improve gait efficiency for faster times and more fluid runs.

Running Anatomy will prepare you for any challenge that comes your way. You'll find exercises for varying terrains and speeds, from hill running to off-road running and from sprints to marathons. Plus you'll learn how to evaluate and rehabilitate the most common injuries that runners face, including lower-back pain, knee aches and strains, and torn muscles and tendons.

Whether you're a fitness runner looking to conquer hills with more speed or strength or a competitive runner looking for that extra bit of performance and a finishing kick, *Running Anatomy* will ensure that you're ready to deliver your personal best.

Running Anatomy Details

Date : Published January 1st 2010 by Human Kinetics Publishers (first published December 2009)

ISBN : 9780736082303

Author : Joe Puleo , Patrick Milroy

Format : Paperback 188 pages

Genre : Nonfiction, Sports and Games, Sports, Reference, Fitness

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From Reader Review Running Anatomy for online ebook

J says

It re-hashed the other anatomy book. Artwork felt second rate compared to the others. Not as detailed as others. Didn't seem as thorough or as comprehensive as others. Would have liked more training program info. More training tips and explanation. Seemed to General and uninspired.

Blake Fraina says

I was super excited to get this one. I've been a somewhat serious runner since 1994, running moderate distances (anywhere from three to seven miles at a clip) and have recently returned to a regular running schedule after a six month hiatus. I figured a more technical text would give me the edge to improve my speed and distances.

Unfortunately, this one is a bit too technical for my taste.

While it does include a lot of weight training routines designed to build the muscles needed for strength, speed and general good running form, I feel as if I've seen all this information elsewhere - like Runner's World or Women's Fitness magazines. It's nice to have it all in one place, I suppose, but it feels a bit redundant to me. As far as the opening chapters of the book, this was where I kind of zoned out. I imagine a coach or seriously competitive runner might find a lot of really great stuff here, but I was having a difficult time concentrating on sections with titles like, "Results of the Training Progression Model," and "Event Specific Body Characteristics."

I think this is a great resource for dedicated athletes interested in serious training, but I'm not really qualified to review it from that perspective. For a casual runner like myself, I'd recommend skipping the first third of the book, which is a bit intimidating, and focusing on the weight training information in the back, particularly the butt-kicking core and lower body workouts, which I've begun to incorporate into my new, tougher, regimen. Hopefully, this will be just the thing to get me back in top form.

Rebecca says

This is a great book for understanding the mechanics behind each step a runner takes. What's even better, is this text contains detailed weight/resistance training to benefit the specific muscle groups used by runners.

After an overview of the runner's body and the proper approach to any training program, the text divides the body into muscle groups (upper torso, core, upper legs, lower legs, ankles, arms) and shows many exercises that can be used to strengthen and condition those areas. There are also a plethora of alternate exercises to do so as to avoid a quick adaptation to a specific exercise (or to combat boredom.) With each exercise comes information on how to properly execute the "lift" followed by at least two variations and then a section called "Runner's focus" which demonstrates how that particular muscle (or group of muscles) functions while running.

There's also a chapter on injury prevention (a HUGE plus for me) as well as suggestions for alternate workouts to running (cycling, pool running) AND a section on plyometric exercises.

If I were to complain (which I'm not), I would say that there are so many exercises in here that it can be a bit overwhelming. And while resistance training needs to be a component of any distance running program, choosing which exercise to be done in a 30-minute session is difficult especially for those not educated in human physiology.

The basic premise behind the text, however, has given me food for thought in regards to my training: Puleo states that too often runners think of themselves only as RUNNERS, not as athletes. In reality, however, in order to be a successful distance runner, it's important not only to run (obviously) but also train other, secondary systems of the body.

In short, five big stars from this reader who continues to reference this text for my tri-weekly weight session.

Jen Potter says

There are many things I liked about this book: drawings of the muscles, bones, and ligaments; explanations of which muscles are used in the exercise and their importance for running; discussion of common running injuries.

Since the book covers all types of running (sprinting, endurance, trail), and not all exercises benefit each type of running, it would have been nice to have a chart (or at least a few lists) breaking down the exercises by type of running.

Andreas Michaelides says

Hands on practical guide of how the body works and what muscles are utilised by running. I found this book amazing and helped me understand the importance of the upper body muscles, learned how to strengthen those muscles and now I am injury free for a lot of time now.

A must have and must read for anyone that runs either professionally or as a hobby.

It is a life saver for me I always has it next to me when I am scheduling or creating my running training programs.

Cara Simmons says

I wish I would have read this book years ago. Very straightforwad. Great images and descriptions and workouts targeting specific muscles very important for runners. All the info is right there in the pages of this book, all you have to do, is do it!!

Raphael says

I'm not qualified to judge the validity of the content, but to me it seemed alright. Lots of great information, very nice (and easy to understand) drawings of the body. There are definitely moments where it's all gibberish, but all in all the content is easy enough to digest.

The highlight of the book is the different exercises it proposes. It separates the exercises for different sections of the body (upper torso, arms and shoulders, core, upper legs, lower legs and feet.) Each exercise has a blurb explaining its "Running Focus", and the best moment in the training cycle when to do this exercise, which is really neat.

I only wish the authors gave more guidance towards building a strength training regime. I would have loved if they provided some sequence of exercises as examples...because for the uninformed (like me), mixing and matching is kind of hard. Which exercise should I do today? What about Wednesday? I needed more guidance. I realize that what I need is a trainer.

All in all, a great book full of great information for anyone wanting to start learning about the body, and how to maximize your running potential.

Roger Jimenez says

Excelente complemento para los corredores. Claramente explica bases anatómicas y fisiológicas de las diferentes partes del cuerpo involucradas en la actividad física de correr y los ejercicios complementarios para mejorar en técnica, velocidad y resistencia.

Mark says

Running anatomy : Your illustrated guide to running strength, speed, and endurance / Joe Puleo and Dr. Patrick Milroy. Champaign, IL : Human Kinetics, c2010

Disclosure: I got a copy of this book for free via the LibraryThing Early Reviewers program.

My qualifications to review this book: Back in the day I was an Army Master Fitness Trainer and was also certified by the American College of Sports Medicine (ACSM) as a fitness trainer. I have been an on again, off again distance runner for over 35 years.

Review: Simply stated, this is an excellent book. Back when I was actively engaged in fitness training and acquiring resources I would have paid really good money for this book, assuming I had been able to peruse it beforehand.

The authors claim 3 goals:

1. "[T:]he illustrations ... are meant to aid the runner in understanding the anatomy impacted when the runner is in motion" and "to further the runner's understanding of how" the anatomy "work[s:] to move the body." (vii)

2. Show the significance of strengthening the body via strength training. (vii)
3. Provide exercises that "will improve running performance and help to keep the runner injury-free by eliminating anatomical imbalances" (vii).

The book does exactly what it claims and does it in a clear, comprehensive, and understandable way. The illustrations are excellent and support the text.

The opening chapters discuss "The Evolution of the Human Runner," "Cardiovascular and Cardiorespiratory Components," "The Runner in Motion," and "Adaptations for Speed and Terrain." Some resources spend more time on these topics but the presentation by the authors of this book are fully detailed, while being concise enough to leave more room for the heart of the work, which follows.

The next 5 chapters cover the "Upper Torso," "Arms and Shoulders," "Core," "Upper Legs," and "Lower Legs and Feet." Each chapter begins with a discussion of the appropriate anatomy, to include illustrations, moves into a discussion of why this area is important to a runner and what can go wrong, and then focuses on specific training recommendations. The core of each chapter is then comprised of recommended strength training exercises for the area. Each exercise includes discussion of proper execution, the primary and secondary muscles involved, the running focus, any safety tips, and any exercise variations.

The authors have done an amazing job of bringing together all of the important and relevant knowledge about a specific exercise via their accompanying descriptions and illustrations, and they have done so clearly and concisely. Back when I was actively pursuing this field I had to synthesize this sort of knowledge from many sources and could never find it all in one source, unless it was one that was poorly arranged and inconvenient to use.

The remaining chapters cover "Common Running Injuries," "Anatomy of Running Footwear," and "Full-Body Conditioning." These chapters, while also short, adequately serve as an introduction to the topics.

The one thing that I feel is seriously missing from the text are recommended sources, especially for the opening and closing chapters which are only able to serve as introductions to their topics. The authors must be familiar with quality sources to address these areas in more detail. Human Kinetics certainly publishes many fine books which should serve the purpose adequately.

I see that this book is one of many in Human Kinetics Anatomy Series. Other books include Yoga, Stretching, Dance, Cycling, Swimming, and so on. If these books are of the same quality as this one then they ought to serve as excellent introductions to the anatomy of, and strength training for, these endeavors.

Overall I highly recommend this book to any runner interested in the anatomy of their sport and a clear and concise description of how to incorporate strength training to improve their performance.

KR says

The strengths of *Running Anatomy* are in its illustrations, not in its text. The book is full of gorgeous, detailed, realistic diagrams of human anatomy that offer runners deeper insights into the biomechanics of the sport of running. What Dorling Kindersley (DK) does for general illustrated references, the publisher Human Kinetics does for the human anatomy of sport.[return][return]While there are many types of runners, it is worth noting the book emphasizes:[return] [return] The muscular system more than other systems, [return]

Strength training for running more than actual running itself, [return] Competitiveness of running more than longevity of runner, and [return] The needs of sprinters more than the needs of distance runners.[return] [return]The book is a great coach's illustrated reference, supplementing other sources of information. And while not targeted to the lifestyle runner, *Running Anatomy* is also a valuable resource to those wanting to be life-long runners and needing to be in better touch with details of the inner workings of their own bodies.[return][return](This book review was done in participation of the LibraryThing Early Reviewer program: <http://www.librarything.com/er/list>)

Cindy says

This book has some great exercises and stretching to help prevent injuries and make one a better runner. But...it is written in very technical terms and not easy to read.

May Ling says

As a part of learning more about running, I have been educating my mind on the muscles and how to think about them. This was a good overview. I wish they just had a book on each muscle grouping though. There is just so much one can learn about physiology, I think.

Electric-guitar says

Although I am not a runner (I prefer to walk/run style), I really enjoyed this style of writing. Very clear and explained well. The technical writing made "Running Anatomy" more engaging to read.

These exercises are not just for runners, they can be used by anyone to keep the body fit. I borrowed this book from the library, though I think I might just purchase my own copy :)

Carmen Albisteanu says

An anatomical approach on running. The authors explain how training different muscle groups helps runners improve performance and prevent injuries. They offer workout examples with great illustrations and details about proper technique&progression.

Weaker points: If you've been running and exercising for a while you might feel that you already know much of the information. But how much of it do you really apply? It's worthwhile remembering what you should consider in your training plan, the importance of cross training, flexibility, bodyweight training and more.

Overall, it's an interesting and useful read, especially for beginner runners and for those who haven't had the experience of working with a running coach.

Brian says

A good descent read on running workouts. I really like the anatomy illustrations and breakdown for each exercise. These exercises and illustrations aren't as good as those in the strength anatomy books, but it does have a specific focus for each exercise on training for sprint/5k/or distance. The evolution of the human runner was speculative hogwash.
