

Distance Workshop References

Running Science by Dr. Owen Anderson
The First 20 Minutes: Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer by Gretchen Reynolds
Winning Running - Successful 800m & 1500m Racing and Training by Peter Coe Daniels'
Running Formula by Jack Daniels, PhD
Better Training For Distance Runners by David E. Martin, PhD & Peter N. Coe
Road to the Top by Dr. Joe Vigil
Peak Running Performance Volume 4/Number 1, January/February 1994
The Running Times Guide to Breakthrough Running by Running Times

Suggested Reading for Runners, Coaches and Parents

Unbroken: A World War II Story of Survival, Resilience, and Redemption by Laura Hillenbrand
Chasing Excellence: The Remarkable Life and Inspiring Vigilosophy of Coach Joe I. Vigil by Pat Melgares
Let Your Mind Run: A Memoir of Thinking My Way to Victory by Deena Kastor and Michelle Hamilton
Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen by Christopher McDougall
Running with the Legends by Michael Sandrock
Once a Runner by John L. Parker Jr.
Running with the Buffaloes by Chris Lear
Lincoln On Leadership by Donald T. Phillips
Lore of Running by Tim Noakes, MD
Game On: The All-American Race to Make Champions of Our Children by Tom Farrey

Injury Prevention Workshop References and Suggested Reading

Touch For Health by Dr. John Thie
The Body Electric by Dr. Robert Becker
Herbal Medicine by Dian Dincin-Buchman
The Tao of Health, Sex, & Longevity by Daniel P. Reid
Why Christians Get Sick by Rev. George H Malkmus
In Fitness and in Health Everyone is an Athlete by Dr. Philip Maffetone
Earthing: The Most Important Health Discovery Ever? by Clinton Ober, Martin Zucker, and Stephen Sinatra
Between Heaven and Earth - A Guide to Chinese Medicine by Harriet Beinfield, L.Ac. and Efrem Korngold L.Ac., O.M.D.
Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy by Joseph Mercola
Head Strong: The Bulletproof Plan to Activate Untapped Brain Energy to Work Smarter and Think Faster-in Just Two Weeks by Dave Asprey