

## Reading list

Running with the Kenyans: Discovering the secrets of the fastest people on earth	Adharanand Finn	A study of the Kenyan's approach to running.
The Way of the Runner: A journey into the fabled world of Japanese running	Adharanand Finn	A study of the Japanese approach to running.
From Last to First: How I Became a Marathon Champion	Charlie Spedding	Auto-biography by Olympic Marathon medallist
Born to Run	Christopher McDougall	Semi fictional book about ultra-running. Good advice on shoes and avoiding injury.
Chi Running	Danny Dreyer	Guide to effortless, injury free running.
Tim Noakes: The Quiet Maverick	Daryl Ilbury	Nutrition Low Carb diet
The Sports Gene: Talent, Practice and the Truth About Success	David Epstein	Genes. How they affect performance / potential
The Impossible Hero	Dick Booth	Biography of Gordon Pirie
Gordon's Book. Running fast and injury free.	Gordon Pirie and Dr John S Gilbody	Guide to running style and training techniques
The First 20 Minutes Personal Trainer: The right - and the wrong - workouts for everyone	Gretchen Reynolds	Looks at the myths of exercise.
The First 20 Minutes: The Surprising Science of How We Can Exercise Better, Train Smarter and Live Longer	Gretchen Reynolds	Science proved training techniques.
Fast After 50: How to Race Strong for the Rest of Your Life	Joe Friel	Guide. Running later in life.
The Outliers	Malcolm Gladwell	How circumstances effect your chance of success
Primal Endurance: Escape chronic cardio and carbohydrate dependency and become a fat burning beast!	Mark Sisson	Base training and Low Carb diet
Running for their lives	Mark Whitaker	Book about ultra-runners Arthur Newton and Peter Gavuzzi
80/20 Running: Run Stronger and Race Faster By Training Slower	Matt Fitzgerald	Base training
How Bad Do You Want It?: Mastering the Psychology of Mind over Muscle	Matt Fitzgerald	Self belief
Fast Exercise: The simple secret of high intensity training: get fitter, stronger and better toned in just a few minutes a day	Michael Mosley	Guide to High Intensity workouts

The 8-week Blood Sugar Diet: Lose weight fast and reprogramme your body	Michael Mosley	Low Carb diet
The Perfect Distance: Overtt and Coe: The Record Breaking Rivalry	Pat Butcher	Biography of Overtt and Coe
Tread Lightly	Peter Larson	Book on running shoes
The Endurance Handbook: How to Achieve Athletic Potential, Stay Healthy, and Get the Most Out of Your Body	Philip Maffetone	Base training
The Maffetone Method: The Holistic, Low-Stress, No-Pain Way to Exceptional Fitness: The Holistic, Low-stress, No-pain Way to Exceptional Fitness	Philip Maffetone	Base training
Challenging Beliefs	Prof Tim Noakes	Questioning long held beliefs in sport
Lore of Running	Prof Tim Noakes	The runner's Bible.
The Real Meal Revolution	Prof Tim Noakes	Low Carb recipes.
Waterlogged: The Serious Problem of Over Hydration in Endurance Sports	Prof Tim Noakes	Guide to the dangers of drinking too much fluid during a marathon
Today We Die a Little: Emil Zátopek, Olympic Legend to Cold War Hero	Richard Askwith	Biography of Emil Zátopek