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HUMAN KINETICS

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By Christine Felstead

In *Yoga for Runners*, **Christine Felstead** shares her proven program for improving strength, flexibility, endurance, mental sharpness, breathing, and performance. Step-by-step instruction and photos of 88 yoga poses and 10 sequences make this a practical, easy-to-follow training guide that will produce results for every runner, from beginner to veteran.

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Running Science

By Owen Anderson

Running Research News and *Training Update* editor **Owen Anderson** presents *Running Science*, the most comprehensive title revealing the hard science

behind better performance. He synthesizes the latest research on topics like physiology, biomechanics, medicine, genetics, biology, psychology, and training to offer insights, techniques, and tactics distilled from great sport and exercise scientists, coaches, and runners.

2013 • paperback, e-book • 608 pages • ISBN 978-0-7360-7418-6
\$27.95 U.S. • \$32.95 CDN • £18.99 UK • €24.70 EURO
\$36.95 AUS • \$45.99 NZD

4:09:43 - Boston 2013 Through the Eyes of the Runners

By Hal Higdon

In the first book on this tragic event, *4:09:43*, Hal Higdon, a contributing editor at *Runner's World*, tells the tale of Boston 2013. The book's title refers to the numbers on the finish-line clock when the first bomb exploded. In *4:09:43*, Higdon views Boston 2013 through the eyes of those running the race, focusing on 75 runners and their individual stories, collected uniquely through social media: blogs posted online, stories offered on Facebook, and e-mails sent to the author.

In *4:09:43*, Higdon presents these stories, condensing and integrating them into a smooth-flowing narrative that begins with runners boarding the buses at Boston Common, continues with the wait at the Athletes' Village in Hopkinton, and flows through eight separate towns. The story does not end until the 23,000 participants encounter the terror on Boylston Street. "These are not 75 separate stories," says Higdon. "This is one story told as it might have been by a single runner with 75 pairs of eyes."

2014 • paperback, e-book • 168 pages • ISBN 978-1-4504-9710-7
\$14.95 U.S. • \$17.95 CDN • £10.99 UK • €14.30 EURO • \$19.95 AUS • \$24.99 NZD

"Hal Higdon's book 4:09:43 is full of inspiring personal stories that reflect how running's worst day may also have been its best."

Amby Burfoot
Boston Marathon Champion
Editor at Large, *Runner's World*

"We realize while reading the marathoners' own words why they will not be stopped by the bombings that took place. It's simple: Love is stronger than hate."

Bill Rodgers
Four-Time Boston and NYC Marathon Champion

"Higdon's account avoids the political sensationalizing of the events of April 15, 2013. Instead, he tells the story of Boston through the eyes of dozens of participants, revealing what the event means to hundreds of thousands of runners and how the explosions of that day burst into this iconic event and experience. Read this book if you love Boston."

Jonathan Beverly
Editor in Chief, *Running Times*

"The Boston bombings broke the hearts of runners everywhere but only reinforced their spirit. Through the stories of some who were actually there, Hal Higdon tells how ordinary runners like us have become indomitable examples to the whole world."

Kathrine Switzer
First woman to officially run the Boston Marathon
Author of *Marathon Woman*

Coaching Cross Country Successfully **By Pat Tyson with Doug Binder**

While there are many instruction books on running, only *Coaching Cross Country Successfully*, written by one of the winningest

cross country coaches in the United States, **Pat Tyson**, provides a blueprint to building a successful team. In it, you'll learn how to establish a coaching philosophy; tailor training needs; teach running techniques and improve performance; prepare for competition; evaluate runners and your program; and work with assistant coaches, volunteers, and the community.

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Running for Women **By Jason Karp and Carolyn Smith**

Running for Women provides comprehensive information on training female runners based on their cardiovascular, hormonal, metabolic, muscular, and

anatomical characteristics. Women will learn to maximize workouts around the menstrual cycle and to guard against common injuries, disordered eating, osteoporosis, and menstrual irregularities.

2012 • paperback, e-book • 232 pages • ISBN 978-1-4504-0467-9
\$17.95 U.S. • \$20.95 CDN • £12.99 UK • €16.90 EURO
\$23.95 AUS • \$29.99 NZD

Running Anatomy **By Joe Puleo and Patrick Milroy**

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. Featuring 50 of the most effective strength exercises for runners, *Running Anatomy* places you in the action, fundamentally linking each exercise to running performance.

2010 • paperback, e-book • 200 pages • ISBN 978-0-7360-8230-3
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\$25.95 AUS • \$32.99 NZD

The Art of Running Faster **By Julian Goater and Don Melvin**

The Art of Running Faster provides you with a new approach to running, achieving your goals, and setting your personal best. This book challenges the stereotypes of how

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Lore of Running, Fourth Edition **By Tim Noakes**

Lore of Running answers the most pressing questions for those who are serious about the sport, including: how your body systems respond to training; the effects of

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2003 • paperback • 944 pages • ISBN 978-0-87322-959-3
\$29.95 U.S. • \$34.95 CDN • £20.99 UK • €27.30 EURO
\$39.95 AUS • \$48.99 NZD

Endurance Sports Nutrition, Third Edition

By Suzanne Girard Eberle

Endurance Sports Nutrition will guide you in selecting the optimal foods, drinks, and supplements so you can train longer, recover more quickly, avoid injuries, and achieve your performance goals in any endurance endeavor. Sports dietitian and former elite runner **Suzanne Girard Eberle** presents a fueling program that addresses the unique concerns of endurance athletes, including road and trail running; cycling and mountain biking; duathlon and triathlon; winter sports, such as Nordic ski races and mountain ascents; water sports, including open-water swimming; and environmental conditions.

2014 • paperback, e-book • 392 pages • ISBN 978-1-4504-3215-3
\$23.95 U.S. • \$27.95 CDN • £16.99 UK • €22.10 EURO • \$31.95 AUS • \$38.99 NZD

Stretching Anatomy, Second Edition

**By Arnold Nelson and
Jouko Kokkonen**

Stretching Anatomy is a visual guide to 86 stretches for increasing range of motion, muscular strength, stamina, posture, and flexibility.

Step-by-step instructions describe how to perform each stretch, while 110 full-color anatomical illustrations highlight the muscles and surrounding structures.

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232 pages • ISBN 978-1-4504-3815-5
\$19.95 U.S. • \$21.95 CDN • £14.99 UK • €19.50 EURO
\$25.95 AUS • \$32.99 NZD

The Athlete's Guide to Sports Supplements

**By Kimberly Mueller and
Josh Hingst**

The Athlete's Guide to Sports Supplements is for athletes, coaches, and trainers seeking information on

safe and legal performance-focused supplements. Each of the 120 supplements has a detailed description of what it is, how it works, performance benefits, current research, recommended dosages, and health concerns.

2013 • paperback, e-book, app • 304 pages
ISBN 978-0-7360-9369-9
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Caffeine for Sports Performance

**By Louise Burke, Ben Desbrow,
and Lawrence Spriet**

Caffeine for Sports Performance helps athletes understand how to safely use caffeine to get the most

out of their sports. The resource includes guidance for athletes, coaches, and fitness enthusiasts who are deciding whether they can or should use caffeine to boost their athletic performance.

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By Nancy Clark

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Triathletes in Motion

By Marc Evans and Jane Cappaert

In *Triathletes in Motion*, **Marc Evans**, triathlon's first professional coach, and **Jane Cappaert**, a leading expert in sport biomechanics, make the case that every triathlon training regimen should start with the physical assessments of movement. By looking carefully at movements during these assessments, you can detect limitations to mobility, flexibility, strength, and stability. These limiters cannot be corrected by traditional technique instruction alone, so Evans and Cappaert present specific exercises and tests that address each one. The results are greater efficiency, fewer injuries, and faster performances.

2014 • paperback, e-book • Approx. 416 pages • ISBN 978-1-4504-3220-7
\$29.95 U.S. • \$34.95 CDN • £20.99 UK • €27.30 EURO • \$39.95 AUS • \$48.99 NZD

Available in June!

Triathlon Science

By Joe Friel and Jim Vance

With editors **Joe Friel** and **Jim Vance** and a who's-who list of international experts on the sport, *Triathlon Science* is packed with all the expertise you can handle, and more. From fine-tuning your physiology for each of the three disciplines to plotting the best race strategy for your fitness level, personal goals, and competitive conditions, you'll find the insights and prescriptions typically available only from a top-level coach. *Triathlon Science* offers an unprecedented wealth of advanced yet accessible information on excelling in the sport.

2013 • paperback, e-book • 664 pages • ISBN 978-1-4504-2380-9
\$27.95 U.S. • \$32.95 CDN • £18.99 UK • €24.70 EURO • \$36.95 AUS • \$45.99 NZD

Human Kinetics acquires DSWFitness

Human Kinetics, Inc., is excited to announce the acquisition of a 33-year veteran and leader of continuing education products for health and fitness professionals, DSWFitness, Inc., Center for Continuing Education. This acquisition combines the forces of two widely respected information leaders in the fitness industry to reinforce the commitment to the development and distribution of high-quality continuing education coursework for the health and fitness industry. DSWFitness has created a wealth of fitness, health, wellness, and clinical continuing education opportunities that are approved by over 25 industry-leading, certifying organizations, including USA Triathlon (USAT). Browse the courses at DSWFitness.com.

Complete Triathlon Guide **By USA Triathlon**

In *Complete Triathlon Guide* by **USA Triathlon** you'll find invaluable bike-handling techniques straight from the pros, learn how to assess running form and improve running cadence and stride, troubleshoot your freestyle swim stroke, and shave seconds off starts and transitions. You'll go inside the sport for expert instruction and personal insights from triathlon's biggest names to enhance your training regimen with the most effective workouts, including programs for swimming, cycling, and running, as well as for strength, flexibility, and endurance.

2012 • paperback, e-book • 368 pages • ISBN 978-1-4504-1260-5
\$21.95 U.S. • \$25.95 CDN • £14.99 UK • €19.50 EURO • \$28.95 AUS • \$35.99 NZD

Triathlon Anatomy **By Mark Klion and Troy Jacobson**

Featuring 82 of the most effective multisport exercises with step-by-step



descriptions and full-color illustrations, *Triathlon Anatomy* by **Mark Klion** and **Troy Jacobson** links each exercise to multisport performance so you'll see how to strengthen muscles and increase stamina.

2013 • paperback, e-book • 208 pages • ISBN 978-1-4504-2138-6
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\$28.95 AUS • \$35.99 NZD

Triathlon 101, Second Edition **By John Mora**

Triathlon 101 returns to help even more athletes take the guesswork out of multisport training and racing. Packed full of expert advice and new information, it

has solidified its status as the essential guide for multisport success.

2009 • paperback, e-book • 200 pages • ISBN 978-0-7360-7944-0
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\$24.95 AUS • \$30.99 NZD

Waterlogged: The Serious Problem of Overhydration in Endurance Sports **By Tim Noakes**

Tim Noakes, internationally recognized expert on human performance, debunks current

hydration beliefs. *Waterlogged* outlines practices that endurance athletes should follow, variables they should consider, and guidelines they should use to maintain proper fluid balance.

2012 • paperback, e-book • 448 pages • ISBN 978-1-4504-2497-4
\$24.95 U.S. • \$28.95 CDN • £16.99 UK • €22.10 EURO
\$32.95 AUS • \$40.99 NZD

Triathlon Training **By Michael Finch**

Starting with a base-building program, *Triathlon Training* prepares you with technique instruction and training drills to progress to a choice of six race-

specific programs for different levels of competition.

2004 • paperback • 160 pages • ISBN 978-0-7360-5444-7
\$18.95 U.S. • \$21.95 CDN • £12.99 UK • €16.90 EURO
(Not available from Human Kinetics in Australia or New Zealand.)

The Sport Performance Series

In the *Sport Performance Series*, the **National Strength and Conditioning Association** brings together the world's leading coaches and trainers to provide the best and most up-to-date information and advice. Learn more at HumanKinetics.com.

Fitness Cycling

By Shannon Sovndal

From customized workouts to authoritative advice, *Fitness Cycling* provides the most effective workouts for achieving peak physical conditioning. As a cyclist and physician for one of the sport's leading teams, author **Shannon Sovndal** provides a detailed approach to cycling that will help you increase strength, speed, stamina, and overall fitness. *Fitness Cycling* features 56 workouts based on specific aspects of riding, such as base building, interval training, sprint and hill climbing, and time trialing.

2013 • paperback, e-book • 224 pages • ISBN 978-1-4504-2930-9
\$18.95 U.S. • \$21.95 CDN • £12.99 UK • €16.90 EURO • \$24.95 AUS • \$30.99 NZD

Cycling Anatomy

By Shannon Sovndal

Cycling Anatomy by **Shannon Sovndal** will show you how to improve your performance by increasing muscular strength and optimizing the efficiency of every movement. Featuring 74 of the most effective cycling exercises, each with clear, step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action, this book goes beyond exercises by placing you on the bike and into the throes of competition.



2009 • paperback, e-book • 200 pages • ISBN 978-0-7360-7587-9
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Distance Cycling

**By John Hughes and
Dan Kehlenbach**

John Hughes, one of ultracycling's most respected names, teams up with cycling coach **Dan Kehlenbach** to present *Distance*

Cycling. You will learn how to select the distance events best suited to you; prepare yourself for the physical and psychological demands of the sport; train for century rides and brevets using the 8- and 15-week conditioning programs; and conquer grueling ultradistance rides.

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Cutting-Edge Cycling

**By Hunter Allen and
Stephen Cheung**

With *Cutting-Edge Cycling*, you'll learn how to apply the latest in cycling research, science, and technology to train smarter, ride

longer, and race faster. Renowned cycling coach **Hunter Allen** and leading scientist **Stephen Cheung** share the most recent biomechanical, physiological, and technical advances and research, why they matter, and how you can incorporate them for maximal training and optimal performance.

2012 • paperback, e-book • 280 pages • ISBN 978-0-7360-9109-1
\$19.95 U.S. • \$23.95 CDN • £13.99 UK • €18.20 EURO
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Mastering Mountain Bike Skills, Second Edition**By Brian Lopes and Lee McCormack**

Advance your mountain biking experience with *Mastering Mountain Bike Skills*. With

firsthand advice and personal experiences from world champion **Brian Lopes**, and world-leading technique instructor **Lee McCormack**, this book includes high-quality photos, detailed instruction, and techniques and tips for every skill level and riding style so you can start riding with greater confidence.

2010 • paperback, e-book • 264 pages • ISBN 978-0-7360-8371-3
\$23.95 U.S. • \$27.95 CDN • £16.99 UK • €22.10 EURO
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Serious Cycling, Second Edition
By Edmund R. Burke

Serious Cycling bridges the gap between scientific observation and cycling performance. It takes scientific data on physiology, biomechanics, nutrition, injury

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\$28.95 AUS • \$35.99 NZD

Cycling Fast
By Robert Panzera

Cycling Fast covers the latest information on high-tech racing frames, training with a power meter and heart rate monitor, coordinating your tactics as part of a team, and

much more. Learn how to periodize your training and use the tips, charts, and checklists to ensure your success at the finish line.

2010 • paperback, e-book • 232 pages • ISBN 978-0-7360-8114-6
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\$25.95 AUS • \$32.99 NZD

Essential Bicycle Maintenance & Repair**By Daimeon Shanks**

Essential Bicycle Maintenance & Repair, U.S. national team head track mechanic **Daimeon Shanks** teaches you how to repair your bike

with minimal investment in specialized tools. Written for the do-it-yourselfer, not the professional mechanic, each repair includes step-by-step instructions and photo sequences, making the book an accessible and essential resource for any cyclist.

2012 • paperback, e-book, app • 224 pages
ISBN 978-1-4504-0707-6
\$19.95 U.S. • \$23.95 CDN • £14.99 UK • €19.50 EURO
\$25.95 AUS • \$32.99 NZD

Mastering Cycling
By John Howard

Trim seconds off your time, train more efficiently, or simply maximize your fitness workouts with *Mastering Cycling*. Cyclists will benefit from **John Howard's** targeted approach

that covers technique instruction and refinement for cornering, climbing, and descending; workout plans for fitness and competition; training for road races, time trials, and triathlons; and more.

2012 • paperback, e-book • 200 pages • ISBN 978-0-7360-8677-6
\$18.95 U.S. • \$21.95 CDN • £12.99 UK • €16.90 EURO
\$24.95 AUS • \$30.99 NZD

Cycling Past 50
By Joe Friel

Make your biking years after 50 your best ever with *Cycling Past 50*. Featuring key training principles, advanced workouts, and tips and strategies for training, fueling, and

preventing injuries, this book provides an in-depth look at the full range of considerations for cycling successfully for years to come.

1998 • paperback • 264 pages • ISBN 978-0-88011-737-1
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Swimming Anatomy

By Ian McLeod

Swimming Anatomy

by **Ian McLeod**
will improve your
performance by
increasing muscle



strength and optimizing the efficiency of every stroke. Featuring a full-color interior, this book includes 74 of the most effective anatomically grouped exercises, each with step-by-step descriptions and over 200 expertly drawn illustrations that highlight the primary muscles in action for starts, turns, and the four competitive strokes.

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Open Water Swimming

By Steven Munatones

Whether you are a dedicated open-water swimmer or a triathlete looking to conquer the sport's most challenging event, *Open Water Swimming* is your complete guide

to improving your performance and decreasing your time. **Steven Munatones** shares his insights and expertise on preparing, training, and competing in open-water events. From the art of efficient pack swimming to the best dryland and pool workouts for improving endurance, strength, and power, *Open Water Swimming* covers it all.

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\$28.95 AUS • \$35.99 NZD

Complete Conditioning for Swimming

By Dave Salo and Scott Riewald

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multidimensional training program uses fitness assessments to tailor strength, endurance, and flexibility exercises to your individual needs. **Dave Salo** and **Scott Riewald** provide workouts and programs, conditioning plans, information on nutrition before, during, and after swim meets, and more. The DVD takes you to the pool and into the gym to demonstrate drills and exercises used by the sport's elite.

2008 • paperback • 256 pages with 80-minute DVD
ISBN 978-0-7360-7242-7 • \$24.95 U.S. • \$28.95 CDN • £19.99 UK
€26.00 EURO • \$32.95 AUS • \$40.99 NZD

Swimming Fastest

By Ernest Maglischo

In *Swimming Fastest*, author **Ernest Maglischo** reveals the science behind the training principles that led his teams to 13 NCAA national championships at

the Division II level and 19 conference championships. This book is the definitive reference on stroke technique and training methods for swimming. It shows you how to apply scientific information to the training process so that you can swim stronger and faster.

2003 • hardcover • 800 pages • ISBN 978-0-7360-3180-6
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"Hal Higdon's book 4:09:43 is full of inspiring personal stories that reflect how running's worst day may also have been its best."

Amby Burfoot
Boston Marathon Champion
Editor at Large, *Runner's World*

In the first book on this tragic event, *4:09:43*, **Hal Higdon**, a contributing editor at *Runner's World*, tells the tale of Boston 2013. In *4:09:43*, Higdon views Boston 2013 through the eyes of those running the race, focusing on 75 runners and their individual stories, collected uniquely through social media: blogs posted online, stories offered on Facebook, and e-mails sent to the author. In *4:09:43*, Higdon presents these stories, condensing and integrating them into a smooth-flowing narrative. "These are not 75 separate stories," says Higdon. "This is one story told as it might have been by a single runner with 75 pairs of eyes."