



RUNNING BOOK RECOMMENDATIONS

This list includes running books, training guides, and nutrition or diet books that are recommended. Each of these books provides a unique perspective on running and achieving your potential as an athlete whether you're a miler or a marathon runner.

You'll find several categories of running books below to help you find what you're looking for, whether it's an inspiring read or a technical "how-to" running book.

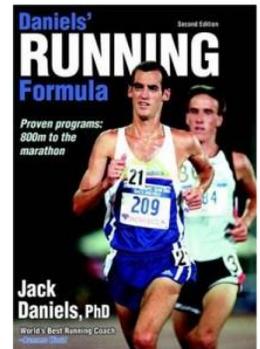
Technical Workout & Running Books

[Explosive Running](#) by Michael Yessis

This book was my first introduction to dynamic warm-ups, body weight exercises, and barefoot running. Chock full of photos of each exercise, this book is a how-to of improving your running form and using science to get faster. Buy this book if you are a more serious runner and want detailed examples of strength exercises, drills, and running form photos.

[Daniels' Running Formula](#) by Jack Daniels

If you're interested in determining your VO2 Max or lactate threshold and want to design a training program based on science – buy this book. It's been one of the best training resources over the years. If you are a beginner, first read Run Faster by Brad Hudson and Matt Fitzgerald.



[Brain Training For Runners: A Revolutionary New Training System to Improve Endurance, Speed, Health, and Results](#) by Matt Fitzgerald

This book looks at running from a mental perspective and offers strategies to get faster based on new research into the brain.

[The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster \(Runners World\)](#) by Ross Tucker and Jonathan Dugas

This book is sure to provide the science, biology, and anatomy behind running performance.

[Anatomy for Runners: Unlocking Your Athletic Potential for Health, Speed, and Injury Prevention](#) by Jay Dicharry

This book is great for those who want to understand why runners get hurt. From prevention work to the importance of balance and "putting your big toe down," this book is an amazing

resource for injury-prone runners. Author Jay Dicharry provides a unique perspective as a coach, biomechanics expert, and physical therapist – a must read for every runner.

[Run with the Champions: Training Programs and Secrets of America's 50 Greatest Runners](#) by Marc Bloom

From Steve Prefontaine who captured a nation to Gerry Lindgren who ran more than 200 miles a week, the training secrets of America's top runners are profiled here. Read about Alberto Salazar's 40 mile long runs and Jim Ryun's 40 × 440 yard workout. This book is a must-have for anybody interested in the training of elite athletes and for motivation.

[Running Tough](#) by Michael Sandrock

Prepare to never be bored with running again. This book outlines many different types of workouts run by elite college athletes and professional runners. You'll be able to focus on hills, tempo runs, long runs, and intervals.

[Runner's World Complete Book of Running](#) – Edited by Amby Burfoot

This book was published initially in 1997 and a newer edition updated in 2009. There are 39 chapters that dive into injury prevention, circuit workouts, marathon training, and nutrition.

[Hansons Marathon Method: A Renegade Path to Your Fastest Marathon](#) by Luke Humphrey with Keith & Kevin Hanson

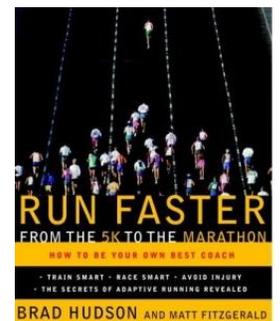
For beginner marathoners it's probably helpful and also for those who dislike long runs over 16 miles. An interesting read to look into the training philosophy of one of the most successful marathon groups in the country.

[Tread Lightly: Form, Footwear, and the Quest for Injury Free Running](#) by Peter Larson and Bill Katovsky

This running book is perfect for anyone who loves running shoes or has injury problems. It shows you how to correct your running form, what shoes are best for particular foot types according to the latest research, and what to avoid to stay healthy.

[Run Faster](#) by Brad Hudson & Matt Fitzgerald

This book outlines Brad Hudson's complete training system that he used with Olympian Dathan Ritzenhein. There are plans for the 5k to the Marathon and a great opportunity to see into the mind of an elite coach. Perfect for everyone – a great book to understand why certain training works.



[Relentless Forward Progress: A Guide to Running UltraMarathons](#) by Bryon Powell

This is your guide if you are thinking about running your first ultra. It is loaded with daily training plans, lessons on how to trail run, advice from the world's best ultrarunners, and strategies for race day success. For any first-time ultrarunner, you can't go wrong with this book.

Digital Training Guides & Books

[Marathon Roadmap: The Vegetarian Guide to Conquering Your First Marathon](#) by Matt Frazier

This digital guide is your complete how-to book on running a marathon as a vegetarian. If you're currently a vegetarian – or wondering if it's even possible, this book will help you safely run a marathon as a vegetarian and probably get a PR in the process.

[Competitive Triathlon in 10 Hours a Week](#) by Patrick McCrann

This training guide will help you plan your perfect season, increase your endurance, and build full body athleticism to reduce your chance of injuries.

History of Running Books

[The Perfect Mile](#) by Neal Bascomb

If you enjoy the history of track & field, this book is a great account of the events leading up to the first sub-four minute mile. It chronicles the running careers of Roger Bannister, Wes Santee, and John Landy as they attempted what was previously considered the impossible: a 3:59 mile.

[The Four-Minute Mile](#) by Sir Roger Bannister

Similar to *The Perfect Mile*, this book is about the first sub-4 mile attempt. Since it's written by Bannister, you learn a great deal about his life and training.

[Running with the Buffaloes: A Season Inside with Mark Wetmore, Adam Goucher, and the University of Colorado Men's Cross-Country Team](#) by Chris Lear

If you know somebody on a college cross country team, this book is for you or them. Running with the Buffaloes shows you what hard training looks like and the value of being on a TEAM.

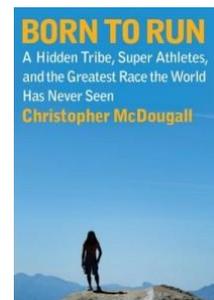
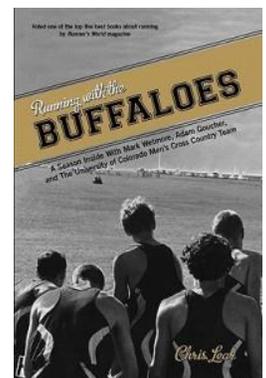
[Bowerman and the Men of Oregon: The Story of Oregon's Legendary Coach and Nike's Cofounder](#) by Kenny Moore

This is another book for the running history enthusiast. Bill Bowerman was the legendary University of Oregon head track coach, cofounder of Nike, and inventor of the modern running shoe. Learn how Nike was started and about the career of American icon Steve Prefontaine.

Inspirational Running Books

[Born to Run: A Hidden Tribe, Super Athletes, and the Greatest Race the World Has Never Seen](#) by Christopher McDougall

It combines an inspiring story with cutting-edge science and a how-to manual of injury-proofing your body and running further than you ever have.



[Ultramarathon Man: Confessions of an All-Night Runner](#) by Dean Karnazes

This book chronicles Karnazes' most epic ultra-endurance races from his marathon to the South Pole, his first Badwater 135-mile Ultramarathon, and his first attempt at running 200 miles.

Nutrition & Diet Books

[Racing Weight: How to Get Lean for Peak Performance](#) by Matt Fitzgerald

As a certified nutritionist, he knows how to get you lean while also maximizing your performance as a runner.

[In Defense of Food: An Eater's Manifesto](#) by Michael Pollan

Pollan outlines his philosophy on food and diet in one easy to remember phrase: "Eat food. Mostly Plants. Not too much." This book is *highly recommended* if you're into healthy food and forms the central pillars of your diet philosophy.