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# Biomechanics of Distance Running

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# Biomechanics of Distance Running

**Biomechanics of Distance Running**
Biomechanics of Distance Running is exclusively devoted to the scientific study of distance running mechanics. This volume should be an essential reference for sport biomechanists, exercise scientists, and elite track coaches. Thirteen chapters include information on: upper body function, rearfoot motion, skeletal accelerations, ground reaction forces, and gender effects in distance running. This book also features a historical review of the study of mechanics of distance running covering almost 2,500 years.

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