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**Running with Power: The Basics** Steve Bateman, 2024-03-22 Is power the next great running metric Power which measures your effort how hard you're running is becoming more popular All of the major running watch manufacturers include wrist based power in their new models and the number of runners using power in the World Marathon Majors has doubled every year since 2016 Running with Power isn't just a trend it can make a real difference to your training and racing Run your Personal Best based on your measured fitness not just a hopeful finish time Maximise your training gains while minimising injury risk Improve your fatigue resistance to run harder for longer Measure the effectiveness of drills plyometrics or strength work What's in the book Running with Power is based on decades of research and practice packaged as a set of powerful models and metrics that can be used to guide your training and racing more effectively than Heart Rate or Pace Written by an England Athletics certified coach who's been using power since 2018 this book covers each aspect of Running with Power using straightforward language and an easy to follow structure If you want to use a science backed metrics based individualised approach to training and racing Running with Power is for you And if you're looking for a practical experience based guide for how to Run with Power this book can be that guide 7 July 2024 NO major content changes this update fixes errata and formatting adds scannable QR codes and refreshes the cover

**Advances in technology for the sleep field, An Issue of Sleep Medicine Clinics, E-Book** Steven Holfinger, 2023-08-03 In this issue of Sleep Medicine Clinics guest editor Dr Steven Holfinger brings his considerable expertise to the topic of Advances in Technology for the Sleep Field Top experts discuss current development and use of multi modal sensors and technologies which make accurate sleep monitoring at scale a possibility in today's sleep medicine Contains 15 practice oriented topics including using telehealth platforms to transform sleep care models are consumer wearable sleep trackers ready for clinical use potential implications of screen time in an age

of augmented virtual reality advancements in sleep health to optimize human performance and more Provides in depth clinical reviews of advances in technology for the sleep field offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews

### **Time to Get Tough**

Michael Joseph Coles,Catherine M. Lewis,2018 Michael J Coles the cofounder of the Great American Cookie Company and the former CEO of Caribou Coffee did not follow a conventional path into business He does not have an Ivy League pedigree or an MBA from a top ten business school He grew up poor starting work at the age of thirteen He had many false starts and painful defeats but Coles has a habit of defying expectations His life and career have been about turning obstacles into opportunities tragedies into triumphs and poverty into philanthropy In Time to Get Tough Coles explains how he started a 100 million company with only 8 000 overcame a near fatal motorcycle accident ran for the U S Congress and set three transcontinental cycling world records His story also offers a firsthand perspective on the business political and philanthropic climate in the last quarter of the twentieth century and serves as an important case study for anyone interested in overcoming a seemingly insurmountable challenge Readers will also discover practical leadership lessons and unconventional ways of approaching business

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