

Tim Noakes Lore Of Running

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Author Tim Noakes blends the expertise of a physician and research scientist with the passion of a dedicated runner to answer the most pressing questions for those who are serious about the sport:

- How your body systems respond to training, the effects of different training methods, how to detect and avoid overtraining, and genetic versus trainable potential
- How to train for the 10K up through ultramarathon with detailed programs from Noakes and several leading running experts
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It teaches us body can be trained to function at its best. Noakes is a runner who has gone through the varied experiences of running: The contemplation, the conversation, the competition. He is familiar with both the joy and the boredom of running. Its peaks and valleys, its elation and depression.

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~~Lore of Running, 4th Edition: Noakes, Timothy ...~~

Timothy David Noakes is a South African scientist, and an emeritus professor in the Division of Exercise Science and Sports Medicine at the University of Cape Town. He is also a member of the National Research Foundation, who list him as one of their highest-rated members. He has run more than 70 marathons and ultramarathons, and is the author of several books on exercise and diet. He is known for his work in sports science and for his support of a low-carbohydrate, high-fat diet, as set out in

~~Tim Noakes - Wikipedia~~

Professor Tim Noakes is a household name in running science, thanks to his book Lore of Running, now in its fourth edition. The South African has been a leader in sports science for over 30 years,...

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Prof. Noakes is available to speak at functions and lectures. All funds raised will be accredited to the Foundation's non-profit research. [Book Tim for a Talk >](#)

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Tim Noakes takes us through running distances and how to best use carbs. We have spoken at length about endurance athletes on the Banting or LCHF diet and how they can follow the LCHF or Banting Diet to improve their running performance. We talked about running, cycling and triathlon, particularly the long stuff on the Banting Diet.

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