

HUMAN KINETICS



SWIM



BIKE



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Developing Speed
By the National Strength and Conditioning Association
Edited by Ian Jeffreys

Written by eight of the National Strength and Conditioning Association's top experts, *dis* your guide to elite-level speed development, regardless of your sport. In addition to the scientific coverage of speed development, this guide helps you assess your current ability and identify your areas of greatest need. Using this information, along with the most effective drills and exercises, you'll have the tools and information for creating your own speed development program. If increasing your athletic speed is what you're seeking, look no further. With the cutting-edge information packed into this one resource, you'll achieve new personal bests and reach your most aggressive goals.

Available in June!

2013 • paperback, e-book • Approx 224 pages • ISBN 978-0-7360-8328-7
\$19.95 U.S. • \$21.95 CDN • £13.99 UK • €18.20 EURO • \$23.95 AUS • \$32.99 NZD

Developing Endurance
By the National Strength and Conditioning Association
Edited by Ben Reuter

Developing Endurance shows how to achieve optimal stamina to race your best through science-based aerobic, anaerobic, and resistance training. The definitive resource for developing a top endurance training program, this guide provides both the background information and the exercises, drills, workouts, and programs needed for ultimate results.

2012 • paperback, e-book • 312 pages • ISBN 978-0-7360-8327-0
\$19.95 U.S. • \$21.95 CDN • £13.99 UK • €18.20 EURO
\$23.95 AUS • \$32.99 NZD

Developing Agility and Quickness
By the National Strength and Conditioning Association
Edited by Jay Dawes and Mark Roozen

Packed with more than 100 drills, *Developing Agility and Quickness* focuses on improving athletes' fleetness of foot, change-of-direction speed, and reaction time.

2012 • paperback, e-book • 200 pages • ISBN 978-0-7360-8326-3
\$19.95 U.S. • \$21.95 CDN • £12.99 UK • €15.60 EURO
\$23.95 AUS • \$32.99 NZD

Waterlogged: The Serious Problem of Overhydration in Endurance Sports
By Tim Noakes, MD, DSc

Tim Noakes, medical doctor, exercise physiologist, and 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 in sport training and performance.

2012 • paperback, e-book • 448 pages • ISBN 978-1-4504-2497-4
\$24.95 U.S. • \$26.95 CDN • £16.99 UK • €20.40 EURO
\$29.95 AUS • \$40.99 NZD

Lore of Running, Fourth Edition
By Tim Noakes, MD, DSc

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 different training methods; how to avoid overtraining; genetic versus trainable potential; how to train for various distances; and how to prevent and treat injuries.

2003 • paperback • 944 pages • ISBN 978-0-87322-959-3
\$29.95 U.S. • \$31.95 CDN • £19.99 UK • €24.00 EURO
\$35.95 AUS • \$48.99 NZD

Running Science
By Owen Anderson, PhD

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 and offers prescriptive advice into a book that offers:

- A wealth of insights distilled from great sport and exercise scientists, coaches, and runners
- A do-it-right reference for a host of techniques and tactics
- An array of the most credible and widely used training principles and programs
- A celebration of the latest science-based know-how of running

Available in July!

2013 • paperback, e-book • Approx 608 pages • ISBN 978-0-7360-7418-6
\$27.95 U.S. • \$29.95 CDN • £18.99 UK • €24.70 EURO • \$33.95 AUS • \$45.99 NZD

I Run, Therefore I Am—STILL Nuts!
By Bob Schwartz

Taking a look at the peculiarities and obsessions of runners, *I Run, Therefore I Am—STILL Nuts!* captures the comedy and the frustrations of the running life like no other book.

This book, the sequel to the popular *I Run, Therefore I Am—NUTS!*, offers 43 new hilarious and insightful essays interspersed with illustrations that complement the amusing aspects of each story.

2013 • paperback, e-book • 264 pages • ISBN 978-1-4504-2856-9
\$16.95 U.S. • \$17.95 CDN • £10.99 UK • €13.20 EURO
\$20.95 AUS • \$27.99 NZD

Running for Women
By Jason R. Karp, PhD
and Carolyn S. Smith, MD

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. • \$18.95 CDN • £11.99 UK • €14.40 EURO
\$21.95 AUS • \$29.99 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 distance runners should train. Readers will learn how to overcome factors that prevent them from running faster and avoid injury with correct running technique.

2012 • paperback, e-book • 216 pages • ISBN 978-0-7360-9550-1
\$19.95 U.S. • \$21.95 CDN • £12.99 UK • €15.60 EURO
\$23.95 AUS • \$32.99 NZD

Endurance Sports Nutrition, Second Edition
By Suzanne Girard Eberle, MS, RD

Complete with customizable menu plans, profiles and advice from elite endurance athletes, and strategies for avoiding the most common pitfalls of endurance athletes, *Endurance Sports Nutrition* will help you select the best foods, fluids, and supplements to train longer, recover more quickly, avoid injuries, and achieve your goals.

2007 • paperback, e-book • 320 pages • ISBN 978-0-7360-6471-2
\$21.95 U.S. • \$23.95 CDN • £14.99 UK • €18.00 EURO
\$26.95 AUS • \$35.99 NZD

Runners on Running
Edited by Rich Elliott

Runners on Running is the ultimate anthology of inspirational stories, humorous accounts, and pivotal moments in the sport. This one-of-a-kind collection includes over 30 unforgettable stories from the most acclaimed writers in running.

2011 • paperback, e-book • 312 pages • ISBN 978-0-7360-9570-9
\$17.95 U.S. • \$18.95 CDN • £11.99 UK • €14.40 EURO
\$21.95 AUS • \$29.99 NZD

Daniels' Running Formula, Second Edition
By Jack Daniels, PhD

In *Daniels' Running Formula*, premier running coach Jack Daniels provides his proven VDOT formula to guide you through training at exactly the right intensity. Choose from one of four programs to build endurance, strength, and speed; get into shape; target a race program; or regain conditioning after a layoff or injury.

2005 • paperback, e-book • 304 pages • ISBN 978-0-7360-5492-8
\$19.95 U.S. • \$21.95 CDN • £13.99 UK • €16.80 EURO
\$23.95 AUS • \$32.99 NZD

Advanced Marathonning, Second Edition
By Pete Pfitzinger and Scott Douglas

Advanced Marathonning has all the information you need to train smarter, remain injury free, and arrive on the start line ready to run the race of your life. With easy-to-understand day-by-day training schedules for a variety of distances, it is simply the most efficient approach to running for distance.

2009 • paperback, e-book • 264 pages • ISBN 978-0-7360-7460-5
\$19.95 U.S. • \$21.95 CDN • £12.99 UK • €15.60 EURO
\$23.95 AUS • \$32.99 NZD

Timeless Running Wisdom
By Richard Benyo

Packed with stories and insights from long-time runners, *Timeless Running Wisdom* outlines the best training methods that have withstood the test of time. Break through plateaus, tap into the runner's high, and improve performance to achieve a sweeter running experience.

2011 • 200 pages • ISBN 978-0-7360-9934-9 • \$16.95 U.S.
\$17.95 CDN • £10.99 UK • €13.20 EURO • \$20.95 AUS • \$27.99 NZD

Running Anatomy
By Joe Puleo and Dr. Patrick Mil

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* links each exercise to running performance.



2010 • paperback, e-book • 200 pages • ISBN 978-0-7360-8230-3
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\$23.95 AUS • \$32.99 NZD

The Runner's Edge
By Stephen McGregor, PhD and Matt Fitzgerald

The Runner's Edge takes you inside tech-based training, from the assortment of speed and distance devices available to the advantages of tracking and analyzing your results with the latest software. This book introduces a three-step plan for using technology to monitor, analyze, and plan training for peak performance while avoiding overtraining and minimizing injuries.

2010 • paperback, e-book • 224 pages • ISBN 978-0-7360-8115-3
\$18.95 U.S. • \$19.95 CDN • £12.99 UK • €15.60 EURO
\$22.95 AUS • \$30.99 NZD

Triathlon Science
Edited by Joe Friel and Jim Vance

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. With editors Joe Friel and Jim Vance and a who's-who list of international experts on the sport, *Triathlon Science* offers you an unprecedented wealth of advanced yet accessible information on excelling in the sport.

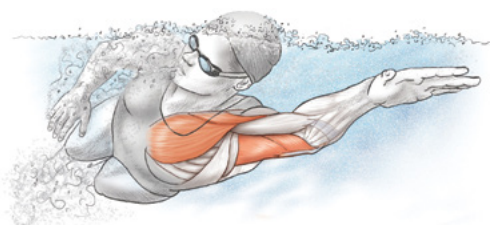
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\$27.95 U.S. • \$29.95 CDN • £18.99 UK • €24.70 EURO • \$33.95 AUS • \$45.99 NZD

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

Featuring 82 of the most effective multisport exercises with step-by-step descriptions and full-color anatomical illustrations

highlighting the muscles in action, *Triathlon Anatomy* places you at the starting line and into the throes of competition by fundamentally linking each exercise to multisport performance. You'll see how to strengthen muscles and increase stamina for running across various terrains, cycling steep inclines, and swimming in open water. You'll also learn how to modify exercises to target specific areas, reduce muscle tension, and minimize common injuries.

2013 • paperback, e-book • 208 pages • ISBN 978-1-4504-2138-6
\$21.95 U.S. • \$23.95 CDN • £14.99 UK • €18.00 EURO • \$26.95 AUS • \$35.99 NZD



Complete Triathlon Guide
By USA Triathlon

In *Complete Triathlon Guide* 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 stage-specific programs for swimming, cycling, and running; programs for strength, flexibility, and endurance; tactics that address individual weaknesses; and advice on tapering to ensure you're in peak physical condition on race day.

2012 • paperback, e-book • 368 pages • ISBN 978-1-4504-1260-5
\$21.95 U.S. • \$23.95 CDN • £13.99 UK • €16.80 EURO • \$26.95 AUS • \$35.99 NZD

Triathlon Training
By Michael Finch

Shave time off your best performance and get in shape to compete! 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. You are guaranteed to enhance the quality of your triathlon workouts.

2004 • paperback • 160 pages • ISBN 978-0-7360-5444-7
\$18.95 U.S. • \$19.95 CDN • £12.99 UK • €15.60 EURO
(Not available from Human Kinetics in Australia or New Zealand).

Triathlon 101, Second Edition
By John Mora

Triathlon 101 is the essential guide when participating in your first triathlon or for guidance in enjoying better results in your next triathlon. Sample training programs, the latest recommendations on equipment, correct technique, and expert advice from pros and coaches will help you improve in every event.

2009 • paperback, e-book • 200 pages • ISBN 978-0-7360-7944-0
\$18.95 U.S. • \$19.95 CDN • £12.99 UK • €15.60 EURO
\$22.95 AUS • \$30.99 NZD

The Woman Triathlete
Edited by Christina Gandolfo

Polish your technique and fine-tune your training with *The Woman Triathlete*. Featuring expert advice on equipment, nutrition, and technique for swimming, biking and running, this book is customized to teach you how to maximize efficiency, stride ahead of the competition, and become the best and fastest triathlete you can be. This book is the sport's premier resource, customized to meet your specific needs.

2005 • paperback • 248 pages • ISBN 978-0-7360-5430-0
\$21.95 U.S. • \$23.95 CDN • £14.99 UK • €18.00 EURO
\$26.95 AUS • \$35.99 NZD

Championship Triathlon Training
**By George Dallam, PhD
and Steven Jonas, MD**

Championship Triathlon Training provides you with the same advanced conditioning concepts and programming used by today's elite triathletes. By understanding the science behind the principles, you will incorporate physiology, biomechanics, nutrition, and injury prevention into your regimen to address your specific needs and the demands of competition.

2008 • paperback, e-book • 320 pages • ISBN 978-0-7360-6919-9
\$19.95 U.S. • \$21.95 CDN • £12.99 UK • €15.60 EURO
\$23.95 AUS • \$32.99 NZD

SERIOUS Training for Endurance Athletes, Second Edition
By Rob Sleamaker and Ray Browning

SERIOUS Training for Endurance Athletes provides the tools to create training programs and workouts that will pay off in competition. Learn how to design, schedule, execute, and monitor training programs for top results.

1996 • paperback • 320 pages • ISBN 978-0-87322-644-8
\$19.95 U.S. • \$21.95 CDN • £12.99 UK • €15.60 EURO
\$23.95 AUS • \$32.99 NZD

Triathlon Workout Planner
By John Mora

Triathlon Workout Planner will help you prioritize training, fit workouts into your schedule, and plan for long-term racing success. By choosing the right workout at the right time, you can improve efficiency, technique, and overall fitness level in less time.

2006 • paperback, e-book • 224 pages • ISBN 978-0-7360-5905-3
\$15.95 U.S. • \$16.95 CDN • £10.99 UK • €13.20 EURO
\$18.95 AUS • \$25.99 NZD

Fitness Cycling **By Shannon Sovndal, MD**

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. Each workout is color coded for intensity level, so you can create a targeted program based on your goal, current fitness level, and cycling experience.

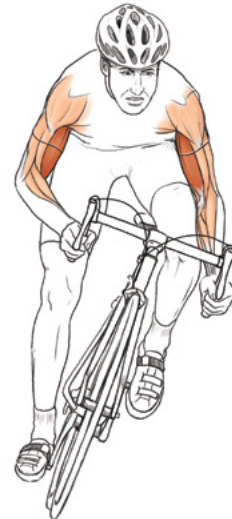
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\$18.95 U.S. • \$19.95 CDN • £12.99 UK • €16.90 EURO • \$22.95 AUS • \$30.99 NZD

Available in June!

Cycling Anatomy **By Shannon Sovndal, MD**

Cycling Anatomy 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. Illustrations of the active muscles involved in cornering, climbing, descending, and sprinting show you how the exercises are fundamentally linked to cycling performance. From steep inclines to slick terrains, *Cycling Anatomy* will ensure you're prepared for any challenge that comes your way.

2009 • paperback, e-book • 200 pages • ISBN 978-0-7360-7587-9
\$21.95 U.S. • \$23.95 CDN • £14.99 UK • €18.00 EURO
\$26.95 AUS • \$35.99 NZD



Cutting-Edge Cycling **By Hunter Allen and Stephen S. 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. From the latest information on periodization, lactate threshold, and recovery to bike positioning, pedaling technique, and cadence, *Cutting-Edge Cycling* covers every aspect of conditioning, preparation, and competition in this physically demanding sport.

2012 • paperback, e-book • 280 pages • ISBN 978-0-7360-9109-1
\$19.95 U.S. • \$21.95 CDN • £12.99 UK • €15.60 EURO • \$23.95 AUS • \$32.99 NZD

Distance Cycling
By John Hughes and Dan Kehlenbach

With *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. You'll also learn how to fuel properly before, during, and after events; how to select the best equipment for your ride; how to perform basic roadside maintenance on your bike; and how to avoid the most common injuries in distance cycling.

2011 • paperback, e-book • 272 pages • ISBN 978-0-7360-8924-1
\$19.95 U.S. • \$21.95 CDN • £12.99 UK • €15.60 EURO • \$23.95 AUS • \$32.99 NZD

Essential Bicycle Maintenance & Repair
By Daimeon Shanks

In *Essential Bicycle Maintenance & Repair*, Daimeon Shanks teaches cyclists how to maintain and repair their bikes with minimal investment in specialized tools. Numbered step-by-step instructions and close-up photo sequences accompany each repair, making the guidebook accessible. Information on choosing the best frame, selecting tires, and discerning types of brakes is presented along with instructions on installing caliper, cantilever, and V-brakes.

2012 • paperback, e-book • 224 pages • ISBN 978-1-4504-0707-6
\$19.95 U.S. • \$21.95 CDN • £14.99 UK • €18.00 EURO • \$23.95 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 the 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 strategies that will shave seconds from your times.

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Cycling Fast
By Robert Panzera

Cycling Fast is the best resource for any rider with a firm grasp on biking basics and a desire for the thrill of competition. From bike preparation to competitive tactics, this book

provides the essential information you'll need in order to master each event. *Cycling Fast* also includes the latest information on high-tech racing frames, training with a power meter and heart rate monitor, and coordinating your tactics as part of a team.

2010 • paperback, e-book • 232 pages • ISBN 978-0-7360-8114-6
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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. In *Open Water Swimming*, 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.

2011 • paperback, e-book • 264 pages • ISBN 978-0-7360-9284-5
\$21.95 U.S. • \$23.95 CDN • £14.99 UK • €18.00 EURO • \$26.95 AUS • \$35.99 NZD

Swimming Anatomy **By Ian McLeod**

Swimming Anatomy 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 (freestyle, breaststroke, butterfly, and backstroke).

2010 • paperback, e-book • 200 pages • ISBN 978-0-7360-7571-8
\$21.95 U.S. • \$23.95 CDN • £14.99 UK • €18.00 EURO • \$26.95 AUS • \$35.99 NZD

Complete Conditioning for Swimming **By Dave Salo, PhD and Scott Riewald, PhD**

From more powerful strokes to quicker turns, propel yourself to improved times with *Complete Conditioning for Swimming*. This 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-min. DVD • ISBN 978-0-7360-7242-7
\$24.95 U.S. • \$26.95 CDN • £19.99 UK • €24.00 EURO • \$29.95 AUS • \$40.99 NZD

Swimming Fastest
By Ernest W. 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. *Swimming Fastest* addresses not only the how but also the why of training. It's the one source that you can turn to for reliable information about hydrodynamics and exercise physiology, giving you all the information you need to evaluate present and future concepts of training and stroke mechanics.

2003 • hardcover • 800 pages • ISBN 978-0-7360-3180-6
\$49.95 U.S. • \$53.95 CDN • £33.99 UK • €40.80 EURO • \$59.95 AUS • \$81.99 NZD

The Swim Coaching Bible, Volume I
By Dick Hannula and Nort Thornton

The Swim Coaching Bible, Volume I, offers you an all-star cast of swimming experts sharing their knowledge on producing the

most successful individual athletes and teams in the sport. The book covers the key principles of coaching and program administration, conducting effective practice sessions, teaching for every stroke, and training programs for every event.

2001 • paperback, e-book • 376 pages • ISBN 978-0-7360-3646-7
\$24.95 U.S. • \$26.95 CDN • £16.99 UK • €20.40 EURO
\$29.95 AUS • \$40.99 NZD

The Swim Coaching Bible, Volume II
By Dick Hannula and Nort Thornton

The Swim Coaching Bible, Volume II, picks up where the original left off, providing more instruction, guidance, and expertise on every

aspect of the sport. From developing swimmers to building a winning program, teaching the nuances and refining stroke techniques to applying the latest research to training and conditioning programs, it's all here.

2012 • paperback, e-book • 368 pages • ISBN 978-0-7360-9408-5
\$24.95 U.S. • \$26.95 CDN • £15.99 UK • €19.20 EURO
\$29.95 AUS • \$40.99 NZD

The Swimming Drill Book
By Ruben Guzman

With 128 highly effective drills, expert instruction, and more than 375 detailed illustrations, *The Swimming Drill Book* improves every facet of swimming. Establish

a greater sense of balance and position in the water; maintain perfect form for the freestyle, backstroke, breaststroke, and butterfly; and master the techniques for starts, turns, and finishes.

2007 • paperback, e-book • 296 pages • ISBN 978-0-7360-6251-0
\$19.95 U.S. • \$21.95 CDN • £12.99 UK • €15.60 EURO
\$23.95 AUS • \$32.99 NZD

Fitness Swimming, Second Edition
By Emmett Hines

In *Fitness Swimming*, expert swim coach Emmett Hines provides 60 workouts and 16 sample programs, each arranged into suggested training zones to correspond to your fitness

level and performance goals. Over a dozen cutting-edge technique drills will help you progressively build an effective freestyle stroke.

2008 • paperback, e-book • 232 pages • ISBN 978-0-7360-7457-5
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