



Long Slow Distance: The Humane Way to Train (Paperback)

By Mr Joe Henderson

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. A revolutionary is where you find him, wrote running's leading writer, Dr. George Sheehan, as he reflected on the revolution-charged 1960s. He could be the guy next door. Joe Henderson looks like a typical guy next door. Out of Iowa, he has the smile and style of the heartland of America. But he has fallen for that old Socratic saw that the unexamined life is not worth living. The first result was revolt, rebellion and a booklet called *Long Slow Distance: The Humane Way to Train*. The LSD method of running that Henderson espouses is not new. He has simply systematized it and, in effect, founded a new order, a new sect that has bid pain, suffering and sacrifice good-bye. Joe Henderson is a revolutionary not because his writings have produced a wave of faster runners, but because he has spawned happier ones. This slim volume, published in 1969, chronicles the revolution in approaches and attitudes that helped spark the running boom of 1970s. *Long Slow Distance* tells the stories of Henderson and five fellow revolutionaries...

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Reviews

I actually started looking over this publication. It really is rally interesting through studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at any moment of your time (that's what catalogues are for concerning when you ask me).

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