



Endurance Series Resource List

Books

[Science of Running – Steve Magness](#)

[Peak: The New Science of Athletic Performance That Is Revolutionizing Sports – Dr Marc Bubbs](#)

[Developing Endurance - NSCA](#)

[Triathlon 2.0 – Jim Vance](#)

[Strength and Conditioning for Runner – Richard Blagrove](#)

Journals

[Strength Training for Endurance Athletes](#)

[The Effect of Strength Training on Performance in Endurance](#)

[Athletes](#)

[Common injuries in cycling: Prevention, diagnosis and management](#)

[Triathlon related musculoskeletal injuries: The status of injury prevention knowledge](#)

[Common Leg Injuries of Long-Distance Runners: Anatomical and Biomechanical Approach](#)

Videos

[Chris Froome visits the GSK Human Performance Lab for Independent Physiological Assessment](#)

[Anatomy of a Cyclist: The Incredible Stamina of Jolanda Neff](#)



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