



newer runners, **Hansons Half-Marathon Method** prepares all athletes for their best performance. Using this smart and science-based half-marathon training program, runners will power up with precisely paced workouts that develop speed, strength, and stamina. Runners will finish strong using the Hansons approach to marathon hydration, nutrition, and pacing. **Hansons Half-Marathon Method** lays out the most effective way to train for a half-marathon, developed by one of the most accomplished running groups in the nation. Using the Hansons way, runners can forge a breakthrough half-marathon performance.

**Unconventional, Myth Busting, Scientific & Proven Training For Runners\_** Have you ever wondered how to build a high performance running program? Volume, frequency, intensity of runs, periodizing them to maximize performance and avoid burnout, correct running form, weight training, sleep/recovery, nutrition, psychology, shoes, and more all go into a good program. This book offers a unique view of an elite athlete and coach that puts theory into practice in search of the perfect training system. Read the story and the science behind the story in this two part inspirational book of success birthed out of failure\_ Steve Sherer graduated in 2005 from Michigan State with his Masters in Kinesiology and in 2006 became a National Academy of Sports Medicine certified personal trainer. He has coached himself from a 3:45.99 to a 3:36.8 in the 1500 to qualify for the Olympic trials in 2008 and made it to the finals.

**Visual Basic Algorithms** is both a solid working introduction to the subject and a sourcebook packed with valuable, ready-to-run code. You'll learn the basics of how algorithms work, how to analyze the usefulness of any algorithm, and how to incorporate algorithms into Visual Basic programs. The book then presents dozens of the most important and useful algorithms, implemented in Visual Basic and clearly explained in plain English. You'll find algorithms - complete with ready-to-run Visual Basic code - for a wide range of common programming tasks, including memory allocation, sorting, searching, hashing, trees, networking, assignment, shortest path, and queue simulation. You'll also find an array of implemented algorithms for user-interface design and graphics programs.

**The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance**

**The Putin Regime and Political Murder**

**Raymond's Run**

**Ready-to-run RPG/400 Techniques**

**Tips, Tricks, and Workarounds for Better Programming**

**Building Serverless Applications with Google Cloud Run**

The creators of the bestselling picture book *The Christmas Wish* bring us another original board book featuring the adorable husky puppy from *The Brave Little Puppy*. Here is the newest Nordic adventure by the creators of the New York Times bestseller *The Christmas Wish*—this one as a board book for the littlest listeners. The star of *The Christmas Wish*, Anja, has an adorable husky puppy named Birki. Birki wishes he were good at something . . . anything! After all, sheep give Anja wool for her clothes, goats and cows give her milk, and the reindeer pull her family's sleigh. But what can Birki do? He has the most important job of all—he's Anja's best friend! Husband-and-wife duo Lori Evert and Per Breichagen give us another breathtaking photographic adventure set in Per's homeland, Norway. In a starred review, *Publishers Weekly* said of *The Christmas Wish*, "Rosy-cheeked Anja looks like she's stepped out of a fairy tale, and Breichagen's delicious photographs create the sense that magic is very real." Praise for *The Christmas Wish*: "Dreams have never been so photogenic." —*The Children's Book Review*

**Ready-to-run Accounting with Lotus 1-2-3 and Symphony**

**Design - Build - Run**

**Ready-to-Run Visual Basic Code Library**

**A Novel**