

# CONTENTS

Foreword vii • Introduction xiii

<b>CHAPTER 1</b>	<b>WHO'S IN CHARGE HERE?: SETTING THE RACE PACE . . . . .</b>	<b>1</b>
	Optimal Pacing Strategy . . . . .	3
	Picking the Pace: Distance and Speed. . . . .	5
	Picking the Pace: Selecting the Pattern of Speed . .	17
	Pacing in Other Sports . . . . .	22
	What Research Tells Us . . . . .	24
	Picking the Pace: Doing as They Do . . . . .	26
<b>CHAPTER 2</b>	<b>MARCHING TO THE SAME DRUMMER: CADENCE IN ENDURANCE EVENTS . . . . .</b>	<b>33</b>
	The Beat Goes On: The Motor Controller. . . . .	34
	Central Pattern Generator . . . . .	48
	Human Beings as Aerobic Endurance Animals . . .	58
<b>CHAPTER 3</b>	<b>DRAGSTERS, TIGER BEETLES, AND USAIN BOLT: TIME AND SPEED . . . . .</b>	<b>65</b>
	The Human Machine . . . . .	67
	Determinants of Sprint Performance:	
	Stride Length or Frequency? . . . . .	76
	Implications of the CPG Beyond the Track . . . . .	91
<b>CHAPTER 4</b>	<b>NIGHT AND DAY: CIRCADIAN RHYTHMS AND SPORT PERFORMANCE . . . . .</b>	<b>95</b>
	Circadian Rhythms. . . . .	96
	Circadian Rhythms and the Athlete . . . . .	103
	Physiological and Metabolic Variables. . . . .	105
	Implications for Sport Performance. . . . .	110
	Intrinsic Circadian Rhythms of Performance . . . .	112
	Implications for Athletes. . . . .	114

<b>CHAPTER 5</b>	<b>IT'S ALL IN THE TIMING: KEEPING YOUR EYE ON THE BALL . . . . .</b>	<b>127</b>
	Musicians Keeping Time . . . . .	129
	Challenges of Perceptuomotor Timing in Sports . . .	131
	Athletes: Masters of Perceptuomotor Timing . . . . .	137
	Do Athletes Defy the Rules? Testing the Limits of Perceptual Timing . . . . .	141
	What Training Studies Say About Improvement . . .	142
	Descartes Meets Tim Noakes: Does Self-Determinism Really Exist? . . . . .	144
	Can Athletes Slow Down Time? . . . . .	146

<b>CHAPTER 6</b>	<b>GETTING BETTER ALL THE TIME: THE DEVELOPMENT OF ATHLETIC SKILL DURING THE CHILDHOOD YEARS—A CONVERSATION WITH BOB MALINA . . . . .</b>	<b>151</b>
	A Pertinent Topic . . . . .	152
	Effect of Birth Date . . . . .	157
	Limited Insights . . . . .	161
	Power of Practice . . . . .	163
	Does Success Breed Success? . . . . .	166
	Early Identification of Talent . . . . .	169
	An Alternative Approach . . . . .	172

<b>CHAPTER 7</b>	<b>OVER THE HILL: AGING AND SPORT PERFORMANCE . . . . .</b>	<b>177</b>
	Categories of Aging . . . . .	178
	Physical Activity and Longevity . . . . .	180
	Why Do We Age? . . . . .	182
	Physical Activity and Body Composition During Aging . . . . .	185
	Difficulties of Studying the Effect of Aging on Performance . . . . .	185
	Aging Clock, Motor Capacity, and Athletic Performance . . . . .	186