

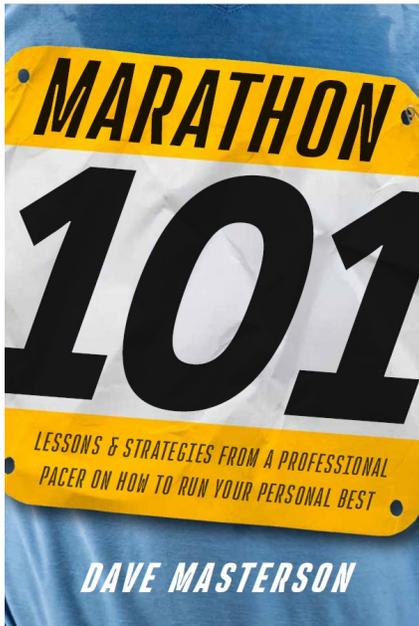
Velo Press



Summer 2026

Greg Brandenburgh

Biagi Literary Management



Print Quantity: 15, 000



Marathon 101

Lessons and Strategies from a Professional Pacer on How to Run Your Professional Best

Dave Masterson

Selling points:

- **Marathon & race training books are a strong category.**
- **Clear, actionable steps for every stage of training**
- **A complete roadmap to transform your marathon dream into reality.**
- **First-time marathoners, seasoned runners aiming for a Personal Record, and anyone ready to take their training to the next level.**
- **Includes 15 black-and-white photographs.**

Running a marathon is no small feat-it's a challenge that demands commitment, strategy, and resilience. Whether you're chasing a mental milestone or striving for peak physical performance, preparation is the key to crossing that finish line strong.

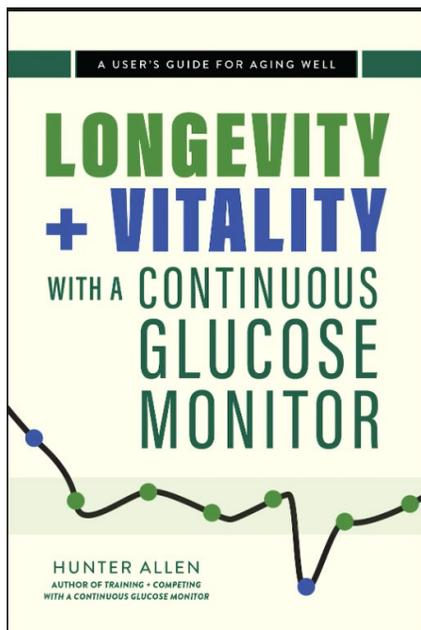
In Marathon 101, Dave Masterson shares proven tips and training methods honed over years of pacing runners to success. This practical guide breaks down the essentials so you can train smarter, run stronger, and finish with confidence.

Inside, you'll discover:

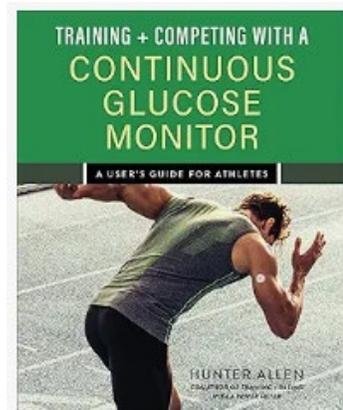
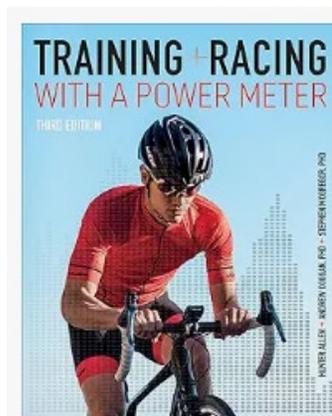
- **Training Plans Demystified:** Compare popular programs and find the one that fits your lifestyle and goals.
- **Gear Up for Any Weather:** Expert advice on apparel and equipment for all conditions.
- **Mental Readiness Strategies:** Build focus and resilience for the toughest miles.
- **Nutrition & Fueling Tips:** Learn what to eat before, during, and after the race for optimal performance.

Progress doesn't come from daydreams-it comes from action. Open this book, absorb its lessons, and start your journey toward your greatest run ever.

About the author: Dave Masterson is a certified running coach, veteran marathon pacer for major races including Boston and New York, and founder of PacePro Training. With over 20 years' experience, he's guided thousands of runners to achieve personal records and safe finishes. Visit him at <https://davemasterson.com>.



Also by Hunter Allen



Longevity and Vitality with a Continuous Glucose Monitor

A User's Guide for Aging Well

Hunter Allen

Selling points:

- **Allen's *Training and Racing With a Power Meter* has sold over 40K.**
- **A revolutionary plan for aging better and achieving peak wellness.**
- **Perfect for aging adults, athletes, and anyone interested in optimal wellness.**
- **Track your blood sugar in real time for energy and overall health.**

What if you could see inside your body and make smarter choices every day?

Continuous glucose monitors (CGMs) give you that power-tracking blood sugar in real time so you can optimize energy, mood, and overall health.

In this groundbreaking follow-up to his acclaimed guide for athletes, cycling coach and health innovator Hunter Allen brings CGM technology to everyone seeking better aging and peak wellness. Backed by research and practical experience, this book shows how to use CGMs to transform your daily habits and extend your vitality for years to come.

Inside, you'll discover:

- How to Get Started: From obtaining a CGM to interpreting your data with confidence.
- Learn how glucose stability impacts mental clarity and emotional balance.
- Fuel smarter before, during, and after activity for lasting health.
- Align sleep, exercise, and diet with real-time feedback for maximum results.

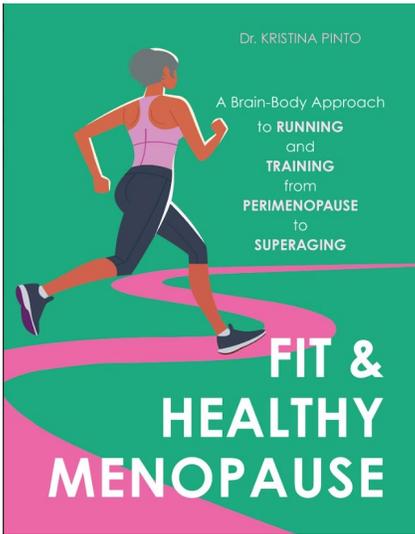
Why You'll Love It:

- A friendly, step-by-step approach to mastering CGM technology
- Practical tips for everyday life-not just elite sports
- Proven strategies to boost longevity and prevent chronic conditions
- Empowerment through data-driven decisions for a healthier future

Your health journey starts with knowledge-and CGMs deliver it instantly. Open this book, embrace the science, and take the first step toward living your longest, strongest life!

About the author: Hunter Allen is a world-renowned cycling coach and founder of Peaks Coaching Group. A pioneer in data-driven training, he has coached thousands of athletes globally to peak performance and longevity. Visit him at

<https://www.peakscoachinggroup.com>.



Print Quantity: 5,000



Fit and Healthy Menopause

A Brain-Body Approach to Running and Training from Perimenopause

Kristina Pinto

Selling points:

- Run Strong, Train Smart, and Thrive Through Menopause and Beyond
- Practical, science-based guidance tailored to your changing body
- Tools to manage energy, sleep, and mood for peak performance.
- Expert advice on nutrition, bone density, and injury prevention
- Pinto's *Fit and Healthy Pregnancy* has sold over 20,000.

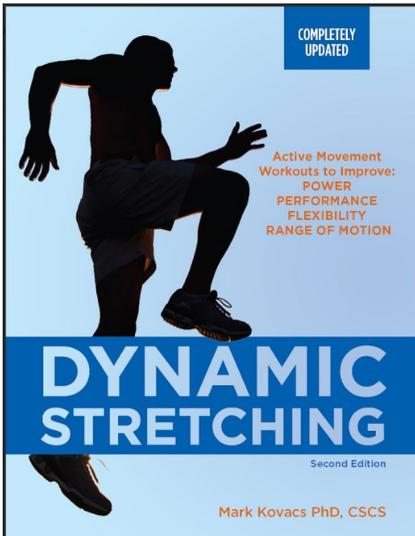
Menopause isn't the end of your fitness journey—it's a new chapter. In *Fit & Healthy Menopause*, clinical neuropsychologist and distance running coach Dr. Kristina Pinto delivers a science-backed, empowering guide for women navigating perimenopause, menopause, and beyond.

This book blends cutting-edge research with practical strategies to help you maintain strength, endurance, and confidence during life's transition. Whether you're a runner, athlete, or simply committed to staying active, you'll find clear answers and actionable advice for training, recovery, and overall well-being.

Inside, you'll discover:

- The Brain-Body Connection: How hormonal changes impact cognition, mood, energy, and identity—and what to do about it.
- Expert Insights: Interviews with specialists in sports medicine, nutrition, and urogynecology on bone health, injuries, diet, and metabolic shifts.
- Real-Life Stories: Relatable anecdotes from a perimenopausal marathoner to inspire and reassure.
- Training Adjustments: Smart strategies for race planning, cross-training, and alternatives when rest is necessary.

About the author: Dr. Kristina Pinto is a clinical neuropsychologist with a Ph.D. from Harvard in psychology. She has done extensive research in cognitive health and aging. women through evidence-based fitness strategies. She lives and works in Boston.



Dynamic Stretching

Active Movement Workouts to Improve Power, Performance, Flexibility, and Range of Motion

Mark Kovacs, PhD

Selling points:

- Transform your fitness and keep healthy.
- New edition features 15 new stretches and photos
- Step-by-step instructions and photos make it easy to use.
- Previous edition sold over 20,000 copies.

Transform your athletic abilities with dynamic stretching to help you stay healthy and improve your overall fitness—now with 15 new stretches and photos!

Today's fitness experts have learned that both stretching and how you stretch can affect how well you perform on the field, court, or track. Research shows that static stretching, a traditional mainstay of athletes' warm-ups, has a measurable negative impact on performance. Holding a stretch for 30 seconds or longer doesn't prepare a muscle for exercise; it can actually weaken the muscle.

That's where *Dynamic Stretching, Second Edition* comes in. This guide teaches you how to effectively prepare your body for physical activity while simultaneously improving strength, power, speed, agility, and endurance. Now with more than 70 exercises—illustrated with step-by-step photos—and fully updated information on the latest stretching research, this book will maximize your workouts and take your athletic abilities to the next level by:

- Developing full-body range of motion
- Enhancing full-body motor control
- Increasing flexibility, balance, and muscular endurance
- Improving force generation and reaction time
- Correcting major and minor muscle imbalances

Once you learn the basics of dynamic stretching, dive into the dynamic stretching warm-up programs that have been carefully designed for the individual needs of athletes in more than 30 different sports, including running, tennis, basketball, baseball and softball, football, hockey, skiing, and many more.

About the author: Mark Kovacs, PhD, is a former NCAA tennis champion and sports science leader. He holds a PhD in exercise physiology, coaches elite athletes, authored *Tennis Training*, and serves as associate editor of the *Strength and Conditioning Journal*.