

DAFTAR PUSTAKA

- Afrizal. (2024). Metode penelitian kualitatif: sebuah upaya mendukung penggunaan penelitian kualitatif dalam berbagai disiplin ilmu. PT RajaGrafindo Persada.
- Aicale, R., Tarantino, D., & Maffulli, N. (2018). Overuse injuries in sport: a comprehensive overview. *Journal of Orthopaedic Surgery and Research*, 13(1). <https://doi.org/10.1186/s13018-018-1017-5>
- Blagrove, Richard., & Hayes, P. R. (2021). *The science and practice of middle and long distance running*. Routledge.
- Bompa, T. O., & Buzzichelli, C. A. (2019). *Periodization Theory and Methodology of Training Sixth Edition*.
- Bruckner, Peter., Clarsen Ben, ., Cook, J. ., Cools, Ann., Crossley, Kay., Hutchinson, M. R. ., McCrory, Paul., Bahr, Roald., & Khan, Karim. (2017). *Bruckner & Khan's clinical sports medicine. Volume 1, Injuries*. McGraw-Hill.
- Casado, A., González-Mohino, F., González-Ravé, J. M., & Foster, C. (2022). *Training Periodization, Methods, Intensity Distribution, and Volume in Highly Trained and Elite Distance Runners: A Systematic Review*. *International Journal of Sports Physiology and Performance*, 17(6). <https://doi.org/10.1123/ijsp.2021-0435>
- Creswell, J. W. ., & Creswell, J. David. (2023). *Research design : qualitative, quantitative, and mixed methods approaches*. SAGE.
- Creswell, J. W. ., & Poth, C. N. . (2018). *Qualitative inquiry & research design : choosing among five approaches*. SAGE.
- Dempster, J., Dutheil, F., & Ugbole, U. C. (2021). The Prevalence of Lower Extremity Injuries in Running and Associated Risk Factors: A Systematic Review. *Physical Activity and Health*, 5(1). <https://doi.org/10.5334/paah.109>
- Dupuy, O., Douzi, W., Theurot, D., Bosquet, L., & Dugué, B. (2018). *An Evidence-Based Approach for Choosing Post-exercise Recovery Techniques to Reduce Markers of Muscle Damage, Soreness, Fatigue, and Inflammation: A Systematic Review With Meta-Analysis*. *Frontiers in Physiology*, 9. <https://doi.org/10.3389/fphys.2018.00403>
- Gabbett, T. (2023). *Load Management: What It Is and What It Is Not! Sports Health: A Multidisciplinary Approach*, 15(4). <https://doi.org/10.1177/19417381231179946>
- Hall, J. E. ., & Hall, M. E. . (2021). *Guyton and Hall textbook of medical physiology*. Elsevier.
- Haugen, T., Sandbakk, Ø., Seiler, S., & Tønnessen, E. (2022). *The Training Characteristics of World-Class Distance Runners: An Integration of Scientific Literature and Results-Proven Practice*. *Sports Medicine - Open*, 8(1). <https://doi.org/10.1186/s40798-022-00438-7>
- Hawker, G. A., Mian, S., Kendzerska, T., & French, M. (2011). *Measures of adult pain: Visual Analog Scale for Pain (VAS Pain), Numeric Rating Scale for Pain (NRS Pain), McGill Pain Questionnaire (MPQ), Short-Form McGill Pain*

- Questionnaire (SF-MPQ), Chronic Pain Grade Scale (CPGS), Short Form-36 Bodily Pain Scale (SF-36 BPS), and Measure of Intermittent and Constant Osteoarthritis Pain (ICOAP). Arthritis Care & Research, 63(S11). <https://doi.org/10.1002/acr.20543>*
- Huskisson, E. C. (1974). *Measurement Of Pain. The Lancet, 304(7889). [https://doi.org/10.1016/S0140-6736\(74\)90884-8](https://doi.org/10.1016/S0140-6736(74)90884-8)*
- Impellizzeri, F. M., Shrier, I., McLaren, S. J., Coutts, A. J., McCall, A., Slattery, K., Jeffries, A. C., & Kalkhoven, J. T. (2023). *Understanding Training Load as Exposure and Dose. Sports Medicine, 53(9). <https://doi.org/10.1007/s40279-023-01833-0>*
- Jones, A. M. (2024). *The fourth dimension: physiological resilience as an independent determinant of endurance exercise performance. The Journal of Physiology, 602(17). <https://doi.org/10.1113/JP284205>*
- Joyner, M. J., & Coyle, E. F. (2008). *Endurance exercise performance: the physiology of champions. The Journal of Physiology, 586(1). <https://doi.org/10.1113/jphysiol.2007.143834>*
- Joyner, M. J., Hunter, S. K., Lucia, A., & Jones, A. M. (2020). *Physiology and fast marathons. Journal of Applied Physiology, 128(4). <https://doi.org/10.1152/jappphysiol.00793.2019>*
- Kellmann, M., Bertollo, M., Bosquet, L., Brink, M., Coutts, A. J., Duffield, R., Erlacher, D., Halson, S. L., Hecksteden, A., Heidari, J., Kallus, K. W., Meeusen, R., Mujika, I., Robazza, C., Skorski, S., Venter, R., & Beckmann, J. (2018). *Recovery and Performance in Sport: Consensus Statement. International Journal of Sports Physiology and Performance, 13(2). <https://doi.org/10.1123/ijsp.2017-0759>*
- Kenney, W. Larry., Wilmore, J. H. ., & Costill, D. L. . (2022). *Physiology of sport and exercise. Human Kinetics.*
- Kisner, Carolyn., Borstad, John., & Colby, L. Allen. (2023). *Therapeutic exercise : foundations and techniques. F.A. Davis Company.*
- Kuorinka, I., Jonsson, B., Kilbom, A., Vinterberg, H., Biering-Sørensen, F., Andersson, G., & Jørgensen, K. (1987). *Standardised Nordic questionnaires for the analysis of musculoskeletal symptoms. Applied Ergonomics, 18(3). [https://doi.org/10.1016/0003-6870\(87\)90010-X](https://doi.org/10.1016/0003-6870(87)90010-X)*
- Lemieux, P., & Birot, O. (2021). *Altitude, Exercise, and Skeletal Muscle Angio-Adaptive Responses to Hypoxia: A Complex Story. Frontiers in Physiology, 12. <https://doi.org/10.3389/fphys.2021.735557>*
- Liguori, Gary., Feito, Yuri., Fountaine, Charles., & Roy, Brad. (2022). *ACSM's guidelines for exercise testing and prescription. Wolters Kluwer.*
- Lopes, A. D., Mascarinas, A., & Hespanhol, L. (2023a). *Are alterations in running biomechanics associated with running injuries? A systematic review with meta-analysis. Brazilian Journal of Physical Therapy, 27(4). <https://doi.org/10.1016/j.bjpt.2023.100538>*
- Lopes, A. D., Mascarinas, A., & Hespanhol, L. (2023b). *Are alterations in running biomechanics associated with running injuries? A systematic review with meta-analysis. Brazilian Journal of Physical Therapy, 27(4). <https://doi.org/10.1016/j.bjpt.2023.100538>*

- Marathon*. (2024). <https://worldathletics.org/disciplines/road-running/marathon>
- McArdle, W. D. ., Katch, F. I. ., & Katch, V. L. . (2023a). *Exercise physiology : nutrition, energy, and human performance*. Wolters Kluwer.
- McArdle, W. D. ., Katch, F. I. ., & Katch, V. L. . (2023b). *Exercise physiology : nutrition, energy, and human performance*. Wolters Kluwer.
- Miles, M. B. ., Huberman, A. M. ., & Saldaña, Johnny. (2014). *Qualitative data analysis : a methods sourcebook*. SAGE Publications, Inc.
- Millet, G. P., Burtcher, M., & Burtcher, J. (2022). *Is Hypoxic/Altitude Training an Important Topic in the Field of Hypoxia?* *Journal of Science in Sport and Exercise*, 4(4). <https://doi.org/10.1007/s42978-021-00144-y>
- Neumann, D. A. ., & Kelly, E. Roen. (2024). *Neumann's kinesiology of the musculoskeletal system*. Elsevier.
- Novacheck, T. F. (1998). The biomechanics of running. *Gait & Posture*, 7(1). [https://doi.org/10.1016/S0966-6362\(97\)00038-6](https://doi.org/10.1016/S0966-6362(97)00038-6)
- PB PASI. (2024). *PBPASI – Athletics Federation of Indonesia*. <https://www.pbpasi.org/>
- Scheer, V., & Krabak, B. J. (2021). *Musculoskeletal Injuries in Ultra-Endurance Running: A Scoping Review*. *Frontiers in Physiology*, 12. <https://doi.org/10.3389/fphys.2021.664071>
- Sports Injury Bulletin - Home*. (t.t.). Diambil 26 Juli 2026, dari <https://www.sportsinjurybulletin.com/>
- Tortora, G. J. ., & Derrickson, Bryan. (2021). *Principles of anatomy & physiology*. Wiley.
- Turner, G., Spilsbury, K. L., Green, D. J., Fudge, B. W., Pringle, J. S. M., Richardson, A. J., & Maxwell, N. S. (2022). *Predicting an Athlete's Physiological and Haematological Response to Live High-Train High Altitude Training Using a Hypoxic Sensitivity Test*. *Journal of Science in Sport and Exercise*, 4(4). <https://doi.org/10.1007/s42978-022-00167-z>
- Udofa, A. B., Clark, K. P., Ryan, L. J., & Weyand, P. G. (2019). *Running ground reaction forces across footwear conditions are predicted from the motion of two body mass components*. *Journal of Applied Physiology*, 126(5). <https://doi.org/10.1152/jappphysiol.00925.2018>
- Van Cutsem, J., & Pattyn, N. (2022). *Primum non nocere; It's time to consider altitude training as the medical intervention it actually is!* *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.1028294>
- Venturini, E., & Giallauria, F. (2022). *Factors Influencing Running Performance During a Marathon: Breaking the 2-h Barrier*. *Frontiers in Cardiovascular Medicine*, 9. <https://doi.org/10.3389/fcvm.2022.856875>
- Vernillo, G., Giandolini, M., Edwards, W. B., Morin, J.-B., Samozino, P., Horvais, N., & Millet, G. Y. (2017). *Biomechanics and Physiology of Uphill and Downhill Running*. *Sports Medicine*, 47(4). <https://doi.org/10.1007/s40279-016-0605-y>
- Why marathoners should lift and lifters should run — 306 Training Grounds, Saskatoon*. (t.t.). Diambil 26 Juli 2026, dari <https://www.traininggrounds.ca/news-and-events/2019/2/25/why-marathoners-should-lift-and-lifters-should-run>

- Willwacher, S., Kurz, M., Robbin, J., Thelen, M., Hamill, J., Kelly, L., & Mai, P. (2022a). *Running-Related Biomechanical Risk Factors for Overuse Injuries in Distance Runners: A Systematic Review Considering Injury Specificity and the Potentials for Future Research*. *Sports Medicine*, 52(8). <https://doi.org/10.1007/s40279-022-01666-3>
- Willwacher, S., Kurz, M., Robbin, J., Thelen, M., Hamill, J., Kelly, L., & Mai, P. (2022b). *Running-Related Biomechanical Risk Factors for Overuse Injuries in Distance Runners: A Systematic Review Considering Injury Specificity and the Potentials for Future Research*. *Sports Medicine*, (8). <https://doi.org/10.1007/s40279-022-01666-3>
- World Athletics. (2026a). *Competition And Technical Rules 2026 Edition*. www.worldathletics.org
- World Athletics. (2026b). <https://worldathletics.org/>
- Yin, R. K. ., & Campbell, D. T. . (2018). *Case study research and applications : design and methods*. SAGE Publications, Inc.

