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The Phenomenology and the Philosophy of Running: The Multiple Dimensions of Long-Distance Running

Tapio Koski

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This book describes and analyzes the levels of experience that long-distance running produces. It looks at the kinds of experiences caused by long-distance running, the dimensions contained in these experiences, and their effects on the subjective life-world and well-being of an individual. Taking a philosophical approach, the analysis presented in this book is founded on Maurice Merleau-Ponty´s phenomenology of the body and Martin Heidegger´s fundamental ontology.

Running is a versatile form of physical exercise which does not reveal all of its dimensions at once. These dimensions escape the eye and are not revealed to the runner conceptually, but rather as sensations and emotions. Instead of concentrating on conceptual analysis, this book explores the emotions and experiences and examines the meaning that running has in runners´ lives. Using the participative method, in which the author is both the research subject and the researcher, the book contributes to the philosophy of physical exercise.

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