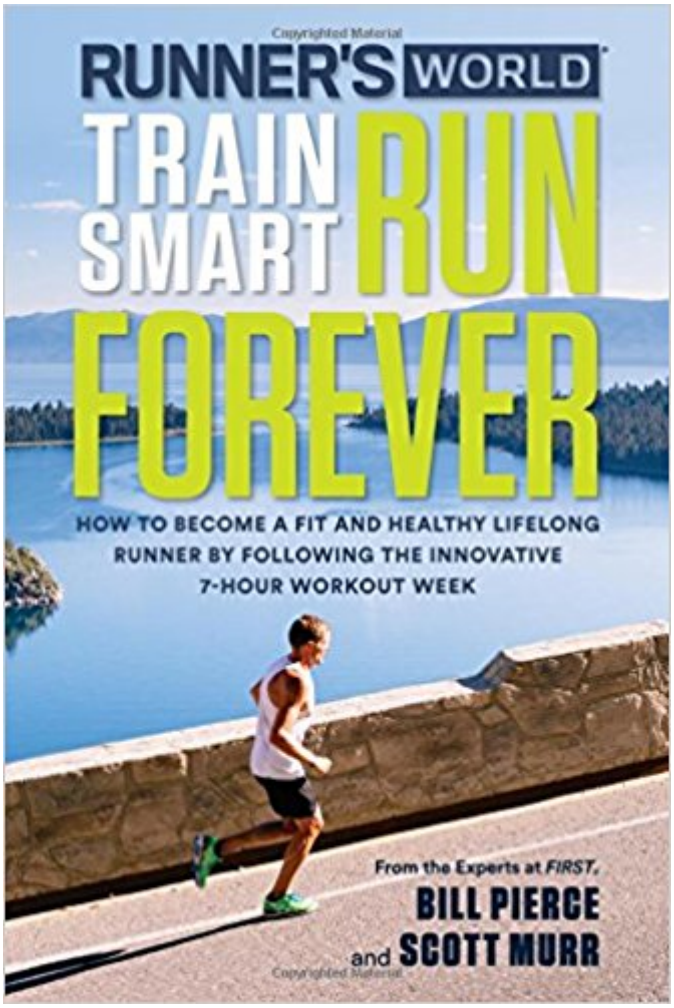
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Runner's World Train Smart, Run Forever: How To Become A Fit And Healthy Lifelong Runner By Following The Innovative 7-Hour Workout Week




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Synopsis

From the experts at the Furman Institute of Running and Scientific Training (FIRST), Runner's World Train Smart, Run Forever goes beyond traditional training programs and addresses the issues that prevent runners from reaching their full potential. This book will teach you how to become a fit, fast, and healthy lifelong runner by following the authorsÃ¢â ¬â„¢ innovative 7-hour workout week. In this new approach, Bill Pierce and Scott Murr show how overall fitness and total body health are the secret to longevity as a runner. RunnerÃ¢â ¬â„¢s World Train Smart, Run Forever is appropriate for all runners, but is especially helpful if youÃ¢â ¬â„¢re frustrated by injuries or looking to maintain your healthy lifestyle as you age. This book addresses the controversies surrounding the dangers of over training and the stress associated with the constant craving for faster race times. Complete with a comprehensive program to enhance overall fitness, improve race times,and support healthy aging, this book will show you how to achieve your fitness goals at any stage.

Book Information

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Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #8,233 in Books (See Top 100 in Books) #9 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #12 inÃ Â Books > Sports & Outdoors > Coaching > Training & Conditioning #27 inÃ Â Books > Sports & Outdoors > Individual Sports

Customer Reviews

"The team from FIRST has done it again. By combining feedback from more than 10,000 e-mails and wisdom gleaned at scientific running camps, they have put together detailed guidance to help you run faster and forever by following the 7-Hour Workout Week."Ã¢â ¬â ¢ Amby Burfoot, editor-at-large, Runner's World and 1968 Boston Marathon Champion

Bill Pierce and Scott Murr are experts at the The Furman Institute of Running and Scientific Training

(FIRST) and authors of the popular book Runner's World Run Less, Run Faster. Bill Pierce is an experienced marathoner and chair of the Health Sciences Department at Furman University. He lives in Greenville, South Carolina. Scott Murr is an experienced marathoner and 12-time Ironman Triathlon finisher, is director of the Furman Fitness and Aquatics Center. He lives in Greenville, South Carolina.

This was a good running book for aging runners or anyone wanting to lessen injuries. The FIRST program is unusual as they stress quality over quantity.

Realistic good info about short and long runs, nutrition and weight exercise.Also scientific info what works to improve your running.

Well written. Informative. Solidly based guidance.

Informative and interesting but lots of statistics and studies

Great book! This covers everything the aspiring runner or seasoned athlete need to know.

thank you

I haven't finished reading this yet, but so far, and from flipping through it, it's terrific. I trained for three marathons using the 3-day-a-week FIRST training plan years ago. These guys know their physiology of running. I like that they have geared this to the "masters" runners, of which I am one. I'm excited to have a new training plan to follow. Thanks, for writing this book.

Really liked this book - the authors research was very interesting and agreed with other authorities. It just seemed like it took a long time to get to the program and then that's it. Kind of a disconnect between the first part and the second. Overall very good information.

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