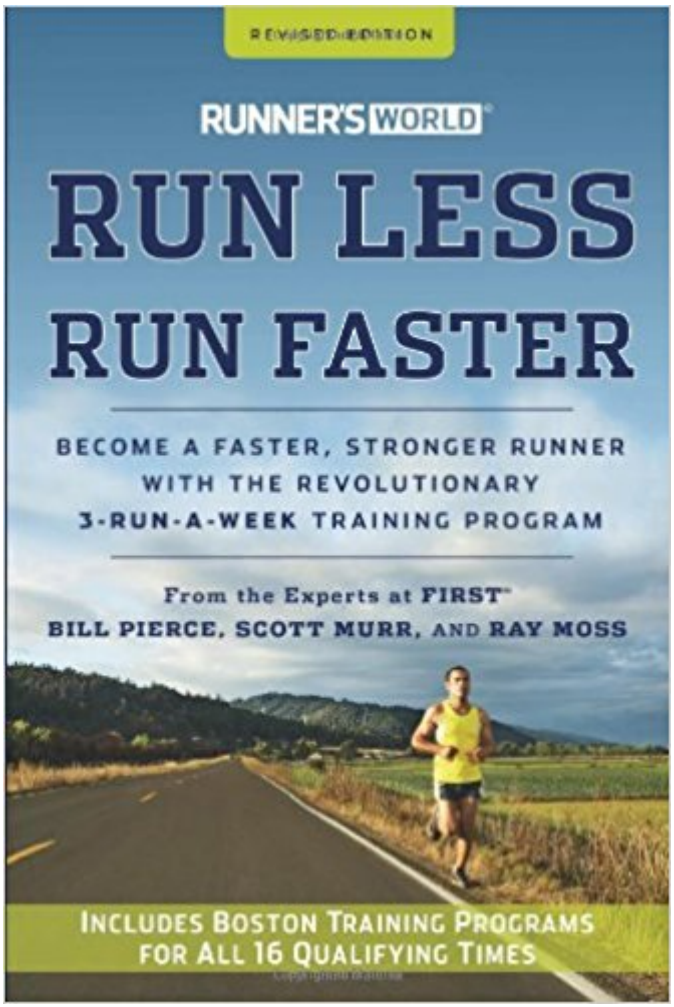
Ebook Directory
the best source of ebook

The book was found

Runner's World Run Less, Run Faster: Become A Faster, Stronger Runner With The Revolutionary 3-Run-a-Week Training Program



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

The Furman Institute of Running and Scientific Training (known as FIRST) is dedicated to make running more accessible and limit overtraining and burnout while producing faster race times. FIRST is one of the foremost experts in the world on the science of running; its authority is unmatched and the promise of training less and accomplishing more has made the first two editions of Run Less, Run Faster a solid and steady seller. With 50 percent updated content, this new edition of Runner's World Run Less, Run Faster by Bill Pierce, Scott Murr, and Ray Moss continues to promise the same tantalizing results: Readers can get stronger, faster, and better by training less. It will also include more sections for novice runners, broadening the audience appeal, as well as training plans tailored to the new qualifying times for the Boston Marathon. The quality-over-quantity approach optimizes training time and yields better performanceÃ¢â ¬â ¢results runners will love no matter what distance they are racing.

Book Information

Paperback: 320 pages

Publisher: Rodale Books; 2 edition (April 10, 2012)

Language: English

ISBN-10: 1609618025

ISBN-13: 978-1609618025

Product Dimensions: 6.2 x 0.4 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 260 customer reviews

Best Sellers Rank: #17,413 in Books (See Top 100 in Books) #3 inÃ Â Books > Sports & Outdoors > Other Team Sports > Track & Field #18 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #60 inÃ Â Books > Sports & Outdoors > Individual Sports

Customer Reviews

Bill Pierce, listed as a marathon supercoach by Runner's World magazine, is an experienced marathoner and chair of the Health Sciences Department at Furman University. Scott Murr, an experienced marathoner and 12-time Ironman Triathlon finisher, is director of the Furman Fitness and Aquatics Center. Ray Moss is professor of Health Sciences and director of the Molnar Human Performance Laboratory at Furman University.

This book has a lot of useful info but could've been summed up in a much shorter book. There is a

lot of filler info that I skimmed through because it didn't pertain to me. Overall I would recommend but it's not one that everyone will read cover to cover. I have improved my race time following this method and I have remained injury free!

So far I love this book. It's a little confusing at times, but I'm trying to figure it all out. The only thing I don't like is that it states that novice runners can do the training programs, but even for novice it starts out with high miles for long run days. I'm not sure how well that will do on the body of a beginner runner. Other than that, I REALLY like this book because it gives me an organizational plan.

This kindlebook of Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program by Bill Pierce, Scott Muhr, Ray Moss, and Amby Burfoot caught my attention because it seems like an ideal guide for both beginning and experienced runners. Some of the areas covered; setting realistic goals, first steps for the new runner, running hot and cold, and more.

When you live an extremely busy life, and yet running is the very last thing you'd give up, you'll need to prioritize your workouts. This book focuses on the key sessions that will keep the runner fit and marathon ready. Whether you race well, your best or otherwise using the program prescribed depends on your genetic makeup, and your inherent/base fitness level. Still this book gives me comfort that a very busy lifestyle doesn't mean you've to be any less competitive.

Bought the book and was eager to try out. So far, love it. It is far more challenging than usual training plans. The pace demanded for each run can seem overwhelming/scary, but when it is done, it is a great feeling of accomplishment. Loving that I do not have to run as much and can get some extra sleep in the morning.The basic structure is to get your most recent 5k,,half, or full marathon race time. That will set the pace for your three key runs per week. You add in two cross training (not cross fit) work outs per week. They give you their recommendations for times and pace for those as well.My complaints:1. You can buy the app on the Itunes store for $3 and it gives you the same basic information as the book does regarding structuring the three keys runs and the paces for each. Actually easier to understand than the book. It also gives you the cross train information. The sections in the book I keep referring to for guidance is what is contained in the app.2. No nutritional help. Yes it does give you some information on what to consume for races, but it is bare. I would

love to know recommendations for eating before each of the three key runs per week. I have tried them fasted or with caffeine. Going to experiment with a few carbs before runs next week.3. No help with form.Think of the book more as "this is the program and we will offer some extra info to make it look like a book." You could condense the info to about ten pages (minus the pace conversion charts).

Since I am getting older (55+) I have been looking for ways to cut back on my running miles without compromising my age adjusted PR's. Weekly running mileage of 70+ miles was no longer fun because my body doesn't recover like it use to. I started to do more cross training but was trying to figure out how the running and cross training would all work together to keep me in a good running condition. This book helped me take a huge leap forward in trying to figure out how to balance my running and cross training. Obviously we all have to do some customizing to our own unique situations, but this book gives the foundation for the key elements for training. The tables and running workouts have given me the what I need to measure my status and where I want to be. I have been following the schedule for over 6 months and I am very happy with the results.

I love the idea of running three key runs a week with two cross training workouts a week. You can choose if you want the 5k, 10k, half marathon, or marathon plan. I chose the 5k plan which doesn't take you more than like 7 miles in one run. I don't want running to burn my valuable muscle, which would happen if you do too much heavy cardio. Make sure on the 5k plan your long run is either your short, mid, or long tempo pace, not half or marathon pace.

I really enjoyed this book. I started running kind of late in life (43). I've struggled with alot of overuse injuries and this book gave me some real insight in to what I've been doing wrong and how to improve. Love it!

Download to continue reading...

Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster Runner's World Train Smart, Run Forever: How to Become a Fit and Healthy Lifelong Runner by Following The Innovative 7-Hour Workout Week Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your

dog,Puppy training books Book 3) Runner’s World Runner’s Diet: The Ultimate Eating Plan That Will Make Every Runner (and Walker) Leaner, Faster, and Fitter Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Speak in a Week! Italian Week One [With Paperback Book] (Speak in a Week! Week 1) (Italian Edition) Runner’s World Training Journal: A Daily Dose of Motivation, Training Tips & Running Wisdom for Every Kind of Runner--From Fitness Runners to Competitive Racers Cycling: HIIT Bike Training!: Interval Training to Get Faster, Stronger, Fitter & Lose Weight 80/20 Running: Run Stronger and Race Faster By Training Slower The Maze Runner (Maze Runner, Book One) (The Maze Runner Series) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training The Soccer Fitness Guide - Learn How to Become a Faster, Stronger and More Flexible Soccer Player 52-Week Hockey Training (52-Week Sport Training Series) Strength Training Program 101: Build Muscle & Burn Fat...in Less Than 3 Hours Per Week The Triathlete’s Training Diary: Your Ultimate Tool for Faster, Stronger Racing, 2nd Ed.

Contact Us

DMCA

Privacy

FAQ & Help