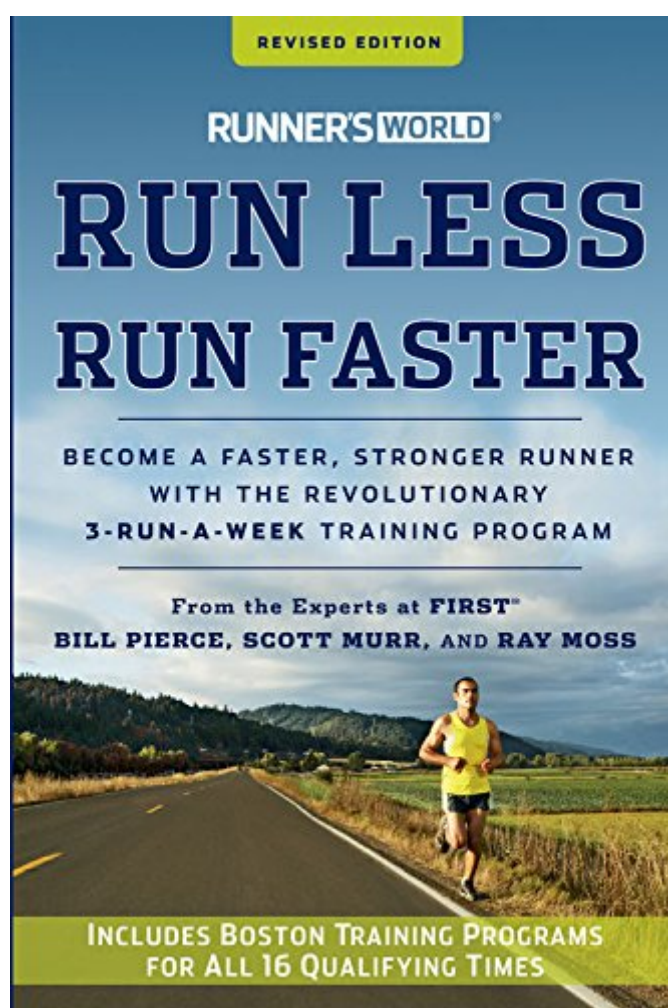# Runner's World Run Less, Run Faster:Â Become A Faster, Stronger Runner With The Revolutionary 3-Run-a-Week Training Program

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 Run Less, Run Faster 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 performance--results runners will love no matter what distance they are racing.

Book Information

File Size: 4658 KB

Print Length: 320 pages

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

Publication Date: April 10, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B007PF7LBE

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #37,648 Paid in Kindle Store (See Top 100 Paid in Kindle Store)   #12 inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Running & Jogging   #13 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging   #60 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

Customer Reviews

IMMEDIATE BENEFITS. Okay, I ordered the book. Read it through. I bought it because as a runner with aging muscles that do not bounce back like they used to, I already run but 3 days a week, and yet expect to contend in my age group this year (60-64M). I wanted to learn more about what it is

I'm already doing so I can do it better.SUMMARY. It's pretty good start, but lacks information for new and experienced runners. Good principles, but not well developed.FIVE BASIC PRINCIPLES. Run Less Run Faster expounds ICRPA - five principles of Intensity, Cross-Training, Recovery, Pace Selection, Avoid Injuries.INTENSITY. I get the Intensity part - both for training, contending with lactate [whatever that is, and I don't mean that facetiously]; and for becoming mechanically and metabolically acclimated to estimated race pace.Comment on mileage. As one who grew up decade ago on the longer the better principle, it will still be hard to expect to run less than 45 miles a week and expect to be competitive. We'll see. Pierce et al. did not contend physiologically or psychologically with current trend to doing longest runs 1-2+ minutes/mile below race pace.CROSS-TRAINING. Benefitted immediately from section on Cross Training (especially what to avoid on non-key run days and most importantly why).REST AND RECOVER. Lacks in describing what Rest looks like. Nothing? I don't know. Dedicating but a couple of pages to the chapter on Rest and Recovery, and not providing good explanations or examples is a definite weakness in this book Pierce et al. need to address.AVOIDING INJURIES. Well, yes. The three-legged stool comes to play here. Stretching, strengthening, and contending with scar tissue.

Runner's World Run Less, Run Faster:Â 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 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) Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) 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 80/20 Running: Run Stronger and Race Faster By Training Slower Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Peak Performance Shake and Juice Recipes for Soccer: Increase Muscle and Reduce Fat to Become Faster, Stronger, and Leaner 52-Week Hockey Training (52-Week Sport Training Series) Runner's World Meals on the Run: 150 energy-packed recipes in 30 minutes or less The Triathlete's Training Diary: Your

Ultimate Tool for Faster, Stronger Racing, 2nd Ed. 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 Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) 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) The Beginning Runner's Handbook: The Proven 13-Week RunWalk Program Training the Best Cat Ever: The Ultimate Cat Training Program Designed by Experts (Train Your Cat in 7 Days or less) Runner's World Big Book of Marathon and Half-Marathon Training: Winning Strategies, Inpiring Stories, and the Ultimate Training Tools