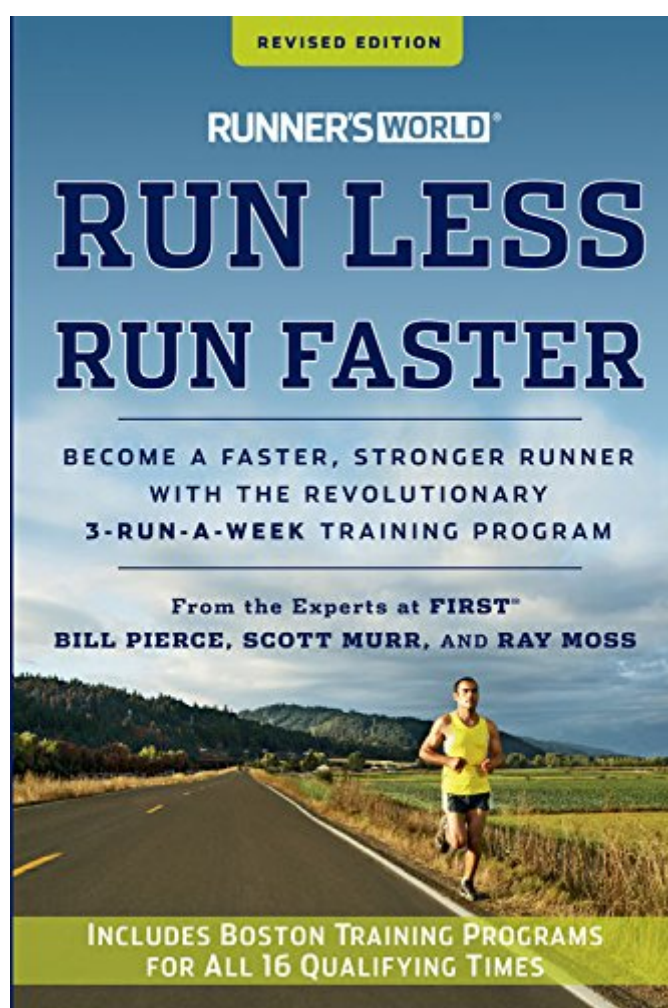


The book was found

# 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

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## 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.

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