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Matt Fitzgerald

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80/20 Running: Run Stronger and Race Faster By Training ...

80/20 Running: Run Stronger and Race Faster By Training Slower [Matt Fitzgerald, Robert Johnson] on Amazon.com. *FREE* shipping on qualifying offers. TRAIN EASIER TO RUN FASTER This revolutionary training method has been embraced by elite runners—with extraordinary results—and now you can do it

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In 80/20 Running: Run Stronger and Race Faster By Training Slower, he shifts away from a close focus on training your mind and eating right to discuss the training according to a high-volume, polarized intensity principle. Essentially, Fitzgerald argues that in order to race faster, you have to run slower.

80/20 Running Review - The Recipe to Run Your Personal Best

Matt Fitzgerald's most recent book is 80/20 Running: Run Stronger and Race Faster by Training Slower. Advertisement - Continue Reading Below. More From Marathon Training. The Pull of the Marathon.

Train at the Right Intensity Ratio | Runner's World

Matt Fitzgerald is an acclaimed endurance sports and nutrition writer and a certified sports nutritionist. He is the bestselling author of more than a dozen books on running and fitness, including 80/20 Running, Brain Training for Runners, Racing Weight, and Iron War, which was long-listed for the 2012 William Hill Sports Book of the Year.

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