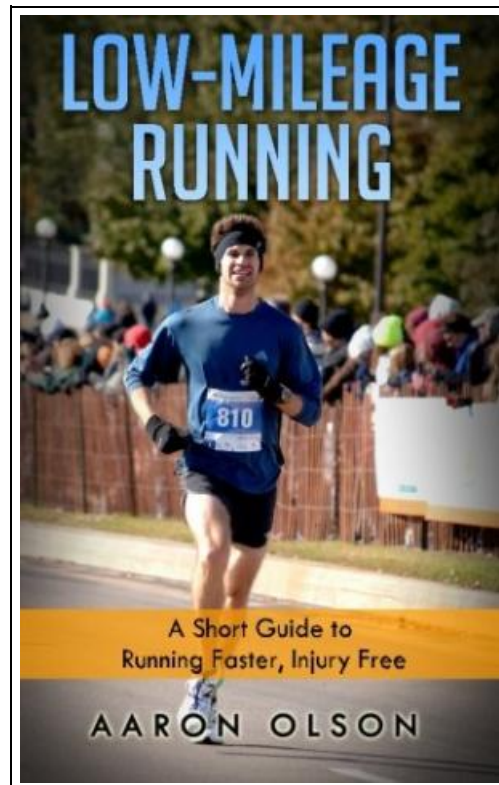# Low-Mileage Running: A Short Guide to Running Faster, Injury Free

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(Antonia Lindgren II)

LOW-MILEAGE RUNNING: A SHORT GUIDE TO RUNNING FASTER, INJURY FREE

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Low-Mileage Running is a short guide to running faster, injury free. It focuses on avoiding injury while optimizing your training. Low-Mileage Running provides practical training advice, workouts, and sample training plans for the 5k to Marathon. From the book: This isn t a magic formula; it s just one runner sharing his experience with others. I can t guarantee success; I can only tell you what I ve done and how it might work for you as well. If you value your time and are willing to try an unconventional approach, you have picked the right book. Praise for Low-Mileage Running Brian MacKenzie Says: In a world that is constantly evolving and looking to more efficient ways to either run a business, or live your life, Olson is offering up what many of us are finding to be truer and truer as time has her way with us. Quality work cannot be outdone by doing more low-quality work. At the end of the day if you re not in the long game nothing you re doing is advancing us in our pursuit of excellence. Aaron Olson is playing the long game. Table of Contents Introduction Quality Workouts Stress + Rest = Adaptation Creating Quality Workouts Time Trials Intervals Tracking Quality Workouts Intensity Recovery Training Guidelines Economics of Running Listen to Your Body Follow the 80:20 Rule Find the Minimum Effective Dose Adjusting on the Fly Take a Holistic Approach Race You Way Into Shape Similar Workouts Train Performance, Not Physiology Cross-Training Stretching Sample Training Plans Guidelines 5k 10k Half-Marathon Marathon Conclusion About the Author.

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