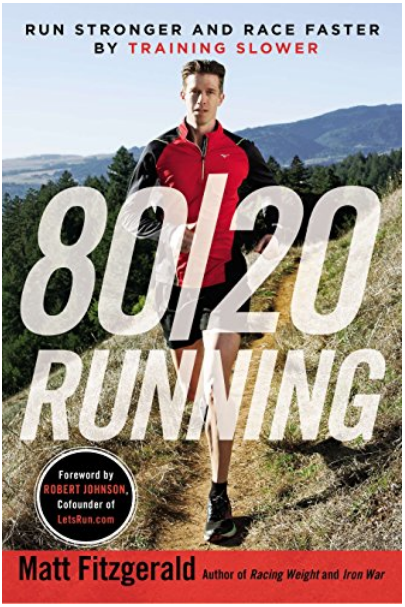
[GET] 80/20 Running: Run Stronger and Race Faster By Training Slower



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TRAIN EASIER TO RUN FASTERThis revolutionary training method has been embraced by elite runnerswith extraordinary resultsand now you can do it, too.Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running programin which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensityis the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, 80/20 Running is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon distances.In 80/20 Running, youll discover how to transform your workouts to avoid burnout.

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