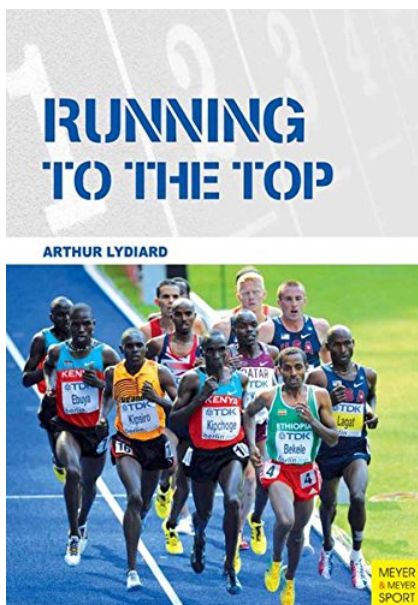


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His description of a systematic, detailed training program for beginners and top-runners is based on a clear defined conception of fitness. Beneath detailed schedules for the training, the book includes tips concerning equipment and outfit, nutrition, prevention of injury, therapy and the relationship between the coach and the athlete. Furthermore a test-system is introduced, which enables the athlete to determine the absorption of oxygen through the fatless body mass.

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