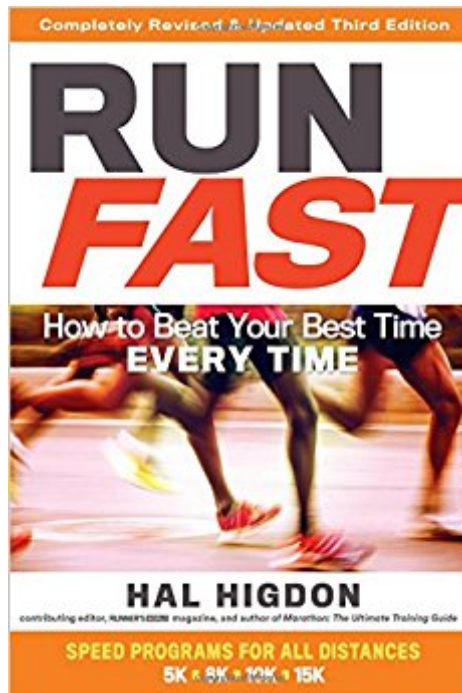




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# Run Fast: How To Beat Your Best Time Every Time



## Synopsis

Achieve a personal best at any distance Are you looking for better race times, whether you run 5Ks or marathons? Searching for that ultimate, exhilarating moment when you're running faster than ever before? Or do you just want to have more fun when you run? You can run faster, and this book will show you how. Run Fast is a comprehensive guide for runners of all abilities to improve your speed and achieve a personal best at any distance. Hal Higdon is one of the most experienced and trusted experts in running, and this classic volume is completely revised and updated with new workouts, race distances, and advice for runners of every level. Run Fast spells out a complete program to help you increase your speed, build your endurance, improve your times, and motivate yourself to achieve your running goals. New training plans for novice runners make getting started easy. More experienced runners will discover refreshing workouts that both improve their speed and make training fun. And, if you've taken an exercise break, you'll see how to get back in shape while staying injury free. Packed with stories and tips from coaches, record-holders, and average runners alike, Run Fast is brimming with inspiration. Experience the thrill of better race times, the satisfaction of running strong, and the sheer joy that comes from running faster than ever before.

## Book Information

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## Customer Reviews

Train for Speed...Feel Great! Are you looking for better race times, whether you run 5-Ks or marathons? Searching for that ultimate, exhilarating moment when you're running faster than ever before? Or do you just want to get healthy and have more fun when you run? You can run faster,

and this book will show you how. Much more than a training guide, this classic volume-- completely revised and updated for runners of every caliber-- spells out a complete program to help you increase your speed, improve your times, and motivate yourself to achieve your running goals. You'll see how to: \* Shave time off your Personal Record \* Make speedwork count-- and avoid the risk of associated pain and injuries \* Make the most of limited training time \* Build more muscle to boost your speed \* Achieve a smooth stride and an efficient, economical running form \* Listen to yourself and be your own best coach You'll discover magic workouts that both improve your speed and make training fun. And, if you've taken an exercise break, you'll see how to get back in shape and back on track, with faster times than ever before. Packed with stories and tips from coaches, record holders, and average runners alike, Run Fast is brimming with inspiration. Experience the thrill of better race times, the satisfaction of running strong, and the sheer joy that comes from running faster than ever before. --This text refers to an alternate Paperback edition.

Hal Higdon has contributed to Runner's World for longer than any other writer: an article by him appeared in the second issue in 1966. Author of 36 books, Higdon has written books on many subjects and for different age groups. He has run 111 different marathons and holds a personal best of 2:21:55. He ran in the Olympic Trials eight times and won four world masters championships. He has served as training consultant for the Chicago Marathon and Chicago Area Runners Association and also answers questions on his Virtual Training Bulletin Board, offering interactive training programs through TrainingPeaks. Higdon lives in Long Beach, Indiana.

Great version of the book, lots of usefull info. Training plans and heart rate explained. Has helped me decrease my time.

Great book. Hal is a fantastic coach. Everything in this book had helped me improve and love running more. Easy and interesting to read.

Not a bad book, only very easy read. I expected a bit more. The book can absolutely be good enough for the beginner.

This is dated material, but the basic advice is great for gentle, safe and reliable training for anyone. For more advanced runners, just about anything else will provide more detail, but for those seeking a basic plan you can't really go wrong with Hal Higdon. There's more detail here (and in his paid

training plans online) than in his basic online training plans, and if you're just looking for a schedule to follow you can just follow one of his basic online plans. But Higdon's advice is still reliable all these decades later, and someone fishing for a basic grasp on training for races would benefit greatly from this book.

You have to take what works for you. There is a lot of valuable information in this book but so much information out there. Between online info, forum's, magazines and books it is so hard to decipher what is best for you.

This is one of the best running books I have ever read. Written by a runner for a runner. Its written in a way that is easy to read and references science without boring you with it. In addition it does not limit itself to merely presenting science as is becoming the trend. The author also uses experience from athletes a novice and exceptional ability to draw conclusions and links between the science and art of training for success.

So many fads out there around running barefoot, forefoot, midfoot, heel striking, blah blah blah, but Higdon and his community of running coaches and athletes really deliver a no BS approach to training. I'm really enjoying this book, and learning a lot of foundational principles that have helped the fastest athletes in the country.

This book has been useful in helping me decide what I need to get the most out of my training from a 5k to a marathon. The nice thing about this book is it gives you useful information that you can use or not use. It just nice to learn new information that is not based on personal opinion, but rather in a researched and tested way.

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