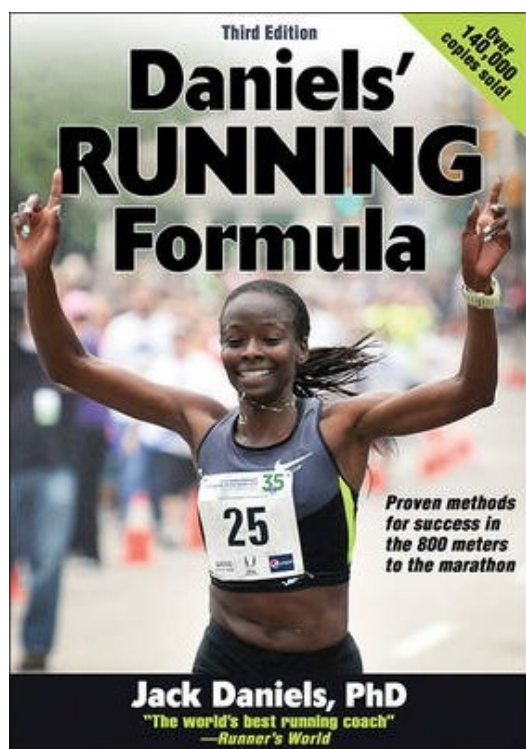


[EPUB] Read Daniels' Running Formula Full Book



Book details:

Author: *Jack Daniels*

Format: *320 pages*

Dimensions: *175.26 x 251.46mm*

Publication date: *14 Feb 2014*

Publisher: *Human Kinetics Publishers*

Release location: *Champaign, United States*

Language: *English*



Plot:

This title is a completely updated new edition of running's bestseller. Get in the best shape of your running career with the help of Daniels' Running Formula, the book that Runner's World magazine calls "the best training book". In it, top running coach Jack Daniels provides you with his legendary VDOT formula to guide you through training at exactly the right intensity to run stronger, longer and faster. Runners can choose a programme simply to get in shape, target a race, or regain conditioning after layoff or injury. Completely updated with new chapters on altitude training, seasonal programming and treadmill training, Daniels' Running Formula, Third Edition, is the most comprehensive, accessible and instantly applicable edition to date. Whether training or competing, get the results you're seeking every time you lace up with the workouts and programmes detailed in Daniels' Running Formula.

Additional Info:

About Jack Daniels

Jack Daniels has been called the world's best coach by Runner's World magazine and has more than 50 years of experience coaching and mentoring some of world's top distance runners. He also won two Olympic medals and one world championship medal in the men's modern pentathlon.

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Chapter 1: Ingredients of Running Success; Chapter 2: Running Physiology and Breathing Rate; Chapter 3: Aerobic Training and Running Profiles; Chapter 4: VDOT Values; Chapter 5: Run Training Intensities; Chapter 6: Altitude Training; Chapter 7: Season Training Plan; Chapter 8: Running for Fitness; Chapter 9: Training to Race; Chapter 10: 800-Meter Training; Chapter 11: 1,500-Meter to Two-Mile Training; Chapter 12: 5K to 10K Training; Chapter 13: Cross Country Training; Chapter 14: 15K to 30K Training; Chapter 15: Marathon Training.