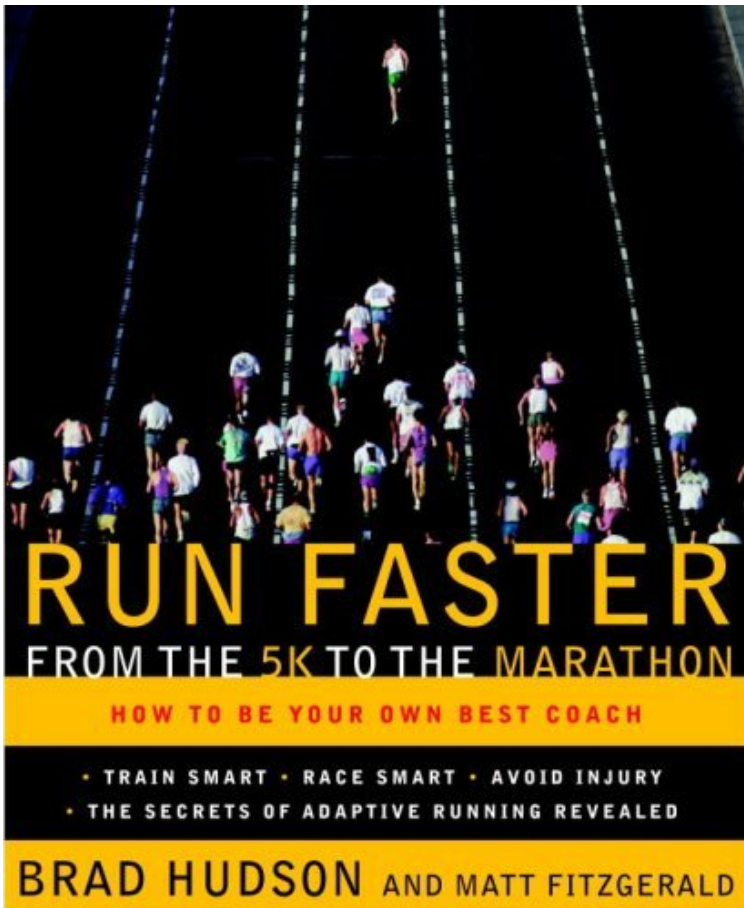


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# Run Faster from the 5K to the Marathon: How to Be Your Own Best Coach



*Par Brad Hudson, Matt Fitzgerald*  
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## Description :

Prsentation de l'diteurDo you want to run faster? Are you trying to peak for a particular race? Would you like to find your true running potential? Brad Hudson, former Olympic Trials marathoner and current coach to Olympians like Dathan Ritzenhein, will show you the way in this practical, reader-friendly guide. Hudson is the most innovative running coach to come along in a generation. Until now, only a handful of elite athletes have been able to benefit from his methods. Now Run Faster from the 5K to the Marathon shows all runners how to coach themselves as confidently and effectively as Brad coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First you will learn to assess your abilities. Then youll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, Run Faster is the cutting-edge guide for optimal performance. With Hudsons guidance, you can train smarter and more effectivelyand avoid injury. And youll soon be running faster than you ever thought possible!Revue de presseWorking with Brad for the past three years has helped me get

much stronger, allowing me to make it to the next level. Thanks to Brad's training I can now compete with the best in the world every time I race. Dathan Ritzenhein, two-time Olympian. Brad's training has elevated my running to heights I daydreamed about as a high school kid. Not only is his training innovative, he's a phenomenal motivator. James Carney, 2008 U.S.A. Half-Marathon Champion. Brad understands the entire training package and all its components better than any coach I've worked with, athletically or professionally. Reading this book can help take you to the next level and keep pushing you up as far and fast as you want to go. Sarah Toland, former NCAA All-American, U.S.A. National Cross-Country Team member, and Olympic Trials qualifier for the 5,000 and 10,000. Brad Hudson's years of personal elite training experience, combined with his wide spectrum of training influences, has catapulted him into a class of American coaching that has typically consisted of archaic, iron-fisted coaching systems. He has the ability and open-mindedness to return U.S. distance running to prominence. Casey Burchill, 28-minute 10K runner. Presentation de l'auteur. Do you want to run faster? Are you trying to peak for a particular race? Would you like to find your true running potential? Brad Hudson, former Olympic Trials marathoner and current coach to Olympians like Dathan Ritzenhein, will show you the way in this practical, reader-friendly guide. Hudson is the most innovative running coach to come along in a generation. Until now, only a handful of elite athletes have been able to benefit from his methods. Now Run Faster from the 5K to the Marathon shows all runners how to coach themselves as confidently and effectively as Brad coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First you will learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, Run Faster is the cutting-edge guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively and avoid injury. And you'll soon be running faster than you ever thought possible!