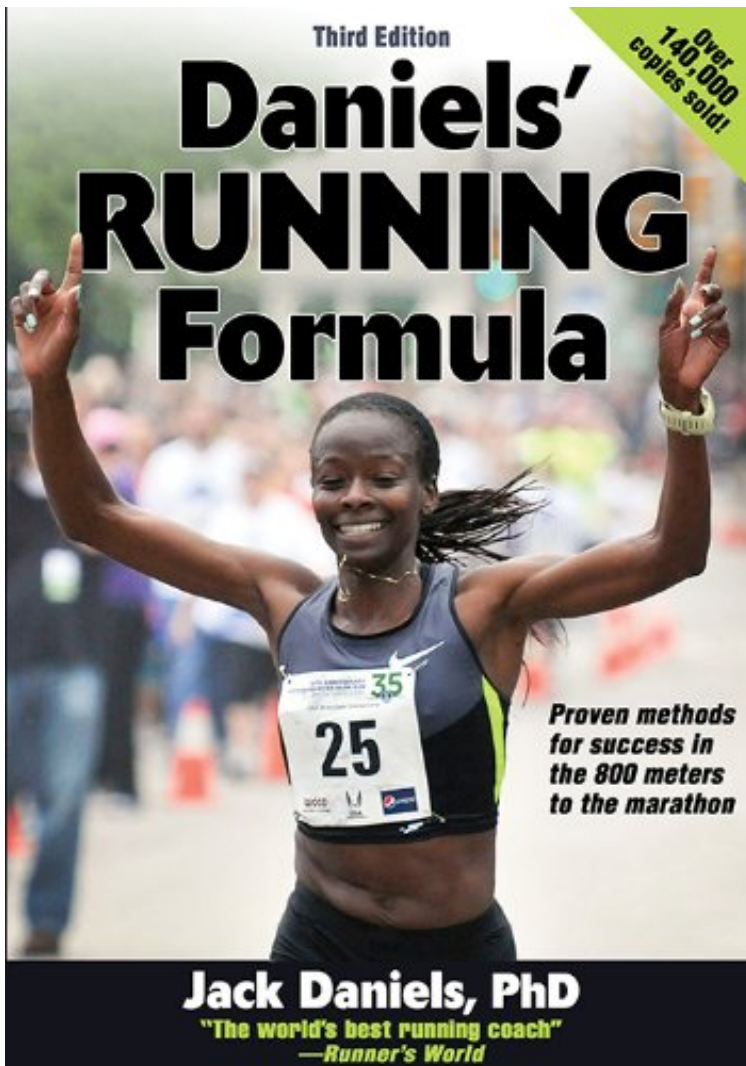


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Daniels' Running Formula-3rd Edition



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Prsentation de l'diteurGet in the best shape of your running career with the help of Daniels Running Formula, the book that Runners World magazine calls the best training book. Premier 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.Choose a program to get in shape, target a race program, or regain conditioning after layoff or injury. Train for competition with programs for 800 meters, 1500 meters to 2 miles, cross country races, 5K to 10K, 15K to 30K, and marathon events. Each program incorporates training intensities to help you build endurance, strength, and speed. With Daniels Running Formula, youll track the time you spend at each level, train more efficiently, and optimize results.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. Customizable

to your current fitness level, competition goals, and schedule, the formula is the ideal solution for any race, anywhere, anytime. Whether training or competing, get the results you're seeking every time you lace up with the workouts and programs detailed in Daniels Running Formula. "When most people see the name Jack Daniels, they picture a whiskey bottle. But runners will think about the renowned coach and exercise physiologist. At 81, Daniels has had a bigger influence on training-for-running than anyone. Indeed, he might be considered the Albert Einstein of the sport. His 1998 book, Daniels' Running Formula, unlocked the mystery of appropriate training paces for runners of all abilities. His philosophy was simple: Do the minimum amount of work for the maximum payoff." Runners World

In one way or another, today's serious runners abide by training principles rooted in Jack Daniels' research and philosophy and outlined in his famous book, Daniels Running Formula. Running Times

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Biographie de l'auteur Jack Daniels has been called the world's best coach by Runner's World magazine. He has more than 50 years of experience coaching and mentoring some of the world's top distance runners at both the collegiate and postcollegiate levels, including Jim Ryun, Penny Werthner, Ken Martin, Jerry Lawson, Alicia Shay, Peter Gilmore, Lisa Martin, Magdalena Lewy Boulet, and Janet Cherobon Bawcom. He also won two Olympic medals and one world championship medal in the men's modern pentathlon.