



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

Brad Hudson, Matt Fitzgerald

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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!



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From reader reviews:

Peter Clark:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their sparetime with their family, or their own friends. Usually they carrying out activity like watching television, planning to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could be reading a book can be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try look for book, may be the e-book untitled Run Faster from the 5K to the Marathon: How to Be Your Own Best Coach can be good book to read. May be it could be best activity to you.

Marjorie Batchelder:

Many people spending their moment by playing outside having friends, fun activity along with family or just watching TV the whole day. You can have new activity to invest your whole day by reading a book. Ugh, ya think reading a book will surely hard because you have to use the book everywhere? It all right you can have the e-book, delivering everywhere you want in your Smart phone. Like Run Faster from the 5K to the Marathon: How to Be Your Own Best Coach which is obtaining the e-book version. So , try out this book? Let's find.

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Is it a person who having spare time in that case spend it whole day by simply watching television programs or just laying on the bed? Do you need something new? This Run Faster from the 5K to the Marathon: How to Be Your Own Best Coach can be the reply, oh how comes? The new book you know. You are thus out of date, spending your free time by reading in this brand new era is common not a geek activity. So what these ebooks have than the others?

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