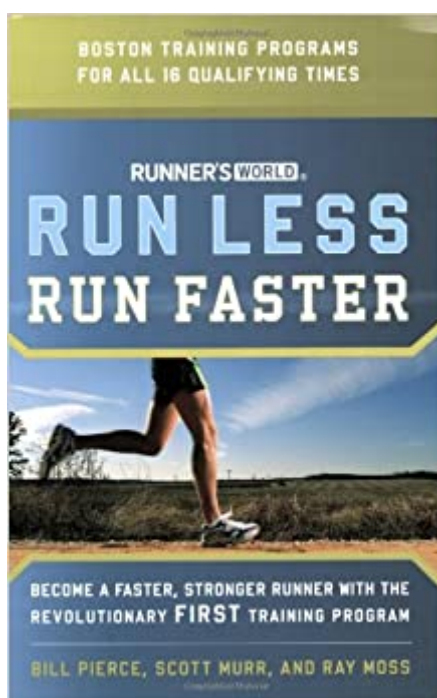The book was found

Runner's World Run Less, Run Faster: Become A Faster, Stronger Runner With The Revolutionary FIRST Training Program

Synopsis

Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program.Hailed by the Wall Street Journal and featured twice in six months in cover stories in Runner's World magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times.The key feature is the "3 plus 2" program, which each week consists of:-3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed-2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnoutWith detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races.Amby Burfoot, Runner's World executive editor and Boston Marathon winner, calls the FIRST training program "the most detailed, well-organized, and scientific training program for runners that I have ever seen."

Book Information

Paperback: 272 pages

Publisher: Rodale Books; 1 edition (May 15, 2007)

Language: English

ISBN-10: 159486649X

ISBN-13: 978-1594866494

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.3 out of 5 stars   144 customer reviews

Best Sellers Rank: #250,409 in Books (See Top 100 in Books)   #86 inÃ Â Books > Sports & Outdoors > Other Team Sports > Track & Field   #415 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging   #458 inÃ Â Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

BILL PIERCE, a collegiate half-miler and experienced marathoner, is professor and chair of Furman's Health and Exercise Science Department. SCOTT MURR, an experienced marathoner and 10-time Ironman Triathlon finisher, is director of Furman's Fitness Center and a lecturer in the

Health and Exercise Science Department at Furman. RAY MOSS, who designed the FIRST laboratory physiological testing protocol, is professor of health and exercise science and director of the Molnar Human Performance Laboratory at Furman.

I like the content and idea of the book, but I bought the Kindle Edition and all the critically important training charts are unreadable on the Kindle. I try to "zoom" the charts so I can see them and they only get about 10% larger. Without the training charts, the Kindle edition is pretty worthless. You can get the general idea of the book, but can't get any specifics about training programs for you. If these charts aren't going to be readable on the Kindle, then this should be disclosed before you buy and they should be available online (for free if you bought the book). As it is, I feel like I got ripped off.If I'm missing some other way to read all these charts on the Kindle (or online), I'd be happy to know how to do it.Edit: I have discovered that you can download the Kindle reader for the PC, download your digital copy of this book to that and you can read the charts on the PC. It still seems like the Kindle itself ought to be able to present these charts in a zoomed/scrollable format that is readable on the Kindle.

While the book has a great deal of "fluff" in it (testimonials from runner's that used the program and it worked for them), and it doesn't introduce anything "new" (track and tempo runs are necessary to improve your speed) it does the ONE thing that a good exercise book should do - provide the research/support and specific training plan to accomplish what the book claims it will accomplish. The book/plan can be summarized in 2 words - IT WORKS.I have done multiple training programs and this one not only worked at the end of the day - PR by 5 minutes 3:24 to a 3:19 (and the 3:19 was in miserable weather costing probably another 5 minutes), it also made my training FUN. I stationary cycled 2 to 3 times a week at about 62% to 72% of my max HR and then did the workouts (only missed 2 and missed the recommended pace on 2 others) and the results were just like all the testimonials...THAT is why they are there. They are motivating and are in there to show you that normal people can do this.Another positive is if you are trying to BQ you get a custom plan for your age. I have followed many other plans that tell you workouts based on % HR, Marathon pace, 5k pace, etc etc, but the programs here lay it out and say warmup and then run 8 800s on 3:03 with 1:30 rest interval. I like that especially when I have to do the program at 5:30 in the morning - simple is good.Worked well using my Garmin as the tracking tool.Also, I got my VO2 max tested near the end (wish I would have tested at the beginning) and was measured at 64 ml/kg/min so the program sure didn't cost me anything there.GREAT BOOK, EASY TO READ AND UNDERSTAND, SIMPLE

TO FOLLOW. I recommend.

NOTE: This is a review of the first edition only.I ran cross country and track in high school, then stopped running for almost 20 years. In June 2012, I woke up one morning, looked at myself in the mirror and realized I wasn't happy with the way I looked. I was about 15 pounds overweight and generally felt less energetic than ever before.I decided to change things immediately. I started running again and started being a little more careful with what I was eating.After five weeks of 5K training using this book, I ran my first 5K to test out where I stood. It was a 25:33, so I upped my paces for the various training runs listed in the book using that benchmark. Here's what happened in subsequent 5Ks:August 4th - 25:33 (first 5K - mentioned above)September 1st - 23:05October 7th - 22:31November 22nd - 21:11After each race (spaced out every month or so), I upped my training paces based on my new 5K time. I'll admit that I was pretty religious about my training, which you really need to be to make this work for you. I was only running three days a week, and I was swimming once or twice a week or stationary biking once or twice week (I never exceeded five workouts in a week). After the Thanksgiving race, I switched to the 10K training plan for six weeks, then was going to move the half-marathon training plan for six weeks, but caught the flu in January. Even though that knocked me out for a little while, I still managed to run a 1:47:48 (8:14/mile pace) half a couple of weeks ago.I HIGHLY recommend this book to anyone who is willing to put in the effort to actually do three days of running AND two days of cross training (FYI - weight training doesn't count). I think the swimming is what really helped me improve as quickly as I did, so if you can incorporate that as part of your cross training, then you should see the results you want.One other thing that happened is that I've lost close to 23 pounds since I started, and am now UNDER where I should be for my height.

Great book! It was just the program that I was looking for. There is a lot of discussion in the book about people wanting to run marathons and qualify for Boston. That's not my interest, but it does give training plans for a 5k, 10k, half, and full marathon as well as plans to try and qualify for the Boston marathon.The book is based on three runs per week: a speed day, a tempo day, and a long run. All paces are based on a recent race, not a goal pace. I think the most unique thing is that the long run is run at a faster pace as compared to the typical long slow distance run.I am just beginning week 4 of the 5k program, but I do expect to see improvements by the time I finish.

If we have ever run you don't need this book, it could have been an article. I do like the training

schedules but thats about it. Spoiler alert - don't run very long distances, do HIIT training and run for pace.

The contents of the book is excellent, but the formatting of the Kindle version makes it unusable. However a new version has been published (Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program (Revised Edition)) and I recommend you purchase that version instead.

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