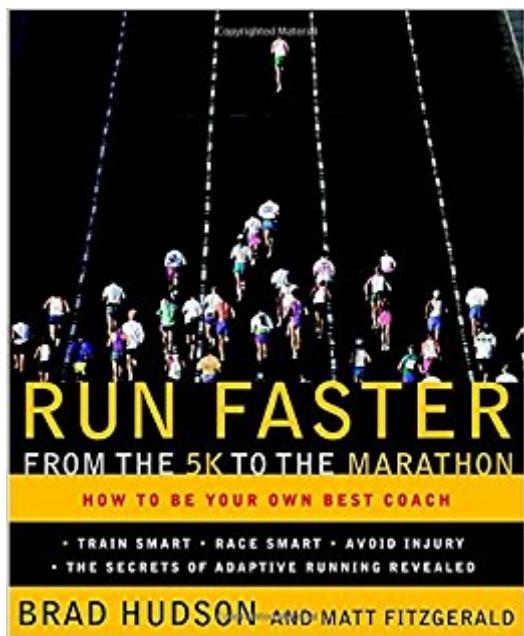**The book was found**

Run Faster From The 5K To The Marathon: How To Be Your Own Best Coach

Synopsis

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 youÃ¢â¬â„¢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 HudsonÃ¢â¬â„¢s guidance, you can train smarter and more effectivelyÃ¢â¬â •and avoid injury. And youÃ¢â¬â„¢ll soon be running faster than you ever thought possible!

Book Information

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Customer Reviews

Working with Brad for the past three years has helped me get much stronger, allowing me to make it to the next level. Thanks to BradÃ¢â¬â„¢s training I can now compete with the best in the world every time I race.Ã¢â¬Â• Ã¢â¬â •Dathan Ritzenhein, two-time OlympianÃ¢â¬Å"BradÃ¢â¬â„¢s training has elevated my running to heights I daydreamed about as a high school kid. Not only is his

training innovative, he￢ﾀ﾿s a phenomenal motivator.￢ﾀ￾ ￢ﾀ￾James Carney, 2008 U.S.A. Half-Marathon Champion￢ﾀ￾Brad understands the entire training package and all its components better than any coach I￢ﾀ﾿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.￢ﾀ￾ ￢ﾀ￾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￢ﾀ￾Brad Hudson￢ﾀ﾿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 openmindedness to return U.S. distance running to prominence.￢ﾀ￾ ￢ﾀ￾Casey Burchill, 28-minute 10K runner

is the founder and coach of the Performance Training Group, a team of elite runners. He lives in Eugene, Oregon. MATT FITZGERALD has written many training guides for triathletes. He is a senior editor for Triathlete magazine and lives in San Diego, California.

A solid guide to constructing a running plan... thoroughly explains the "why's" behind its overall training template & rationales. If you're simply looking for an easy read to help you write up your own plan with a minimum of deeper thinking, this isn't the book for you. It is very detailed & will stretch the average, interested reader to grasp & distill its wisdom. While I loved this depth, I found myself wishing the authors had also included summaries of key points with each section, or provided a more step-by-step structure to the book alongside what they wrote. Even being a motivated & experienced runner, it was easy to miss the proverbial forest for the trees.Definitely not a book for beginners or those without much running experience... but for advanced runners & competitive athletes, this is a smorgasbord of knowledge & hard-won wisdom for building a running program to make you FAST. In regard to the latter audience, I give this book my highest recommendations!

If you are ready to take your running to a new level, then this book is for you. If you have been running fun runs/local road races and want to start winning your age group or walk away with some prizes, then this book will take you there.I balance work, family, and running-- self coaching is the only way I operate. Brad Hudson is a great coach and Matt Fitzgerald is a talented writer-- put them together and you have something very special.I recommend this book but only to intermediate to advance runners. If you are looking to pick up running for the first time, then there are better books

out there (or just head to your local running store-- not big box store-- to ask about starting a running routine).

A neat rundown of how to approach planning your own workouts. It's complex and, if you don't just follow the pre-written plans outlined (and Hudson/Fitzgerald admit these are just sample plans), the method requires you put a lot of thought and planning into plotting out your schedule and buildup.Good things:- It specifies a given set of concerns to consider when planning a run, such as your current mileage, what you struggle with, and what workouts or approach can help address your weaknesses.- It points out several keys to successful progress (speedwork, neuromuscular strength, aerobic endurance) and emphasizes building a plan that will improve all of the above.- If you read it cover to cover you'll definitely have a good framework for building your own training plans, and training plans for others.- If all else fails and you just want a plan to follow, this book has several, and it explains in detail the logic of why they (and other solid training plans) set up the way they are.Issues:- While they permit you to vary the mileage and number of days per week, they insist on a particular timing and order of exercises, such as always doing a long run followed by hill work followed by tempo work, then two easy days before tempo work. They insist that this is the best approach and should usually be followed in this order, which doesn't lend itself to adapting to a given runner's schedule needs, especially if they run with a group that does certain runs on certain days of the week.- They plot runs by flat distance and give little consideration to a runner's pace or their current endurance.- The also rely on very general terms like 'easy run' and 'moderate pace'. That can mean a wide variety of things, and if a runner has issues with how they approach the pacing or intensity of these runs, this will not address that.- It's heavy on self promotion, featuring multiple "look at how awesome of a coach I am" stories about runners Hudson has coached. It doesn't help that one story is about a runner who quickly quit on him because he wasn't meeting her needs, as well as focusing on stories of runners early in their careers... meaning we don't really know if each given runner is a success story or not.There are some issues, but in all it's not a bad book. If you have aspirations of being a coach, this template approach is actually very helpful, whether or not you follow Hudson's guidelines for mileage, training phases or exercise schedule. If you're an individual runner looking to improve, this is probably helpful only if you want to learn to build your own reliable training plan, and again it's best to take or leave some of the stated general guidelines depending on your needs. If you're just looking for a training plan, there's probably a number of other resources that could serve you better, but this isn't bad.

I've been running for over half my life, and just recently got into serious miles and marathon training. Tom Holland has an AWESOME book for people training for their first time marathon, and Brad Hudson/Matt Fitzgerald has an AWESOME book for getting faster and understanding HOW to get faster...for whatever race you are running. In my case it was a marathon. I ran my second marathon in 28.5 minutes FASTER that my first marathon EVER...in only 3.5 monthes of serious training in between. Ok, so I'm not an elite runner, but I still went from a 5 hour marthon to a 4:30 marathon....and never thought I could EVER do that. In a little over 3 monthes.This book is slightly confusing for someone like me that doesn't understand the lingo completely, but he gets to the point. Change it up, hit your hills, and LISTEN to your body in HOW you think you should train TODAY. He also has awesome training guides for pretty much any race you are training for. Really good guidlines. He recommends running EVERY day. BUT, his plans vary, depending on your time level...from 4 days a week to 7.The ONLY thing I did NOT agree with was his statement that all his runners DID NOT lift weights. AND he didn't recommend it. WHAT?! I guess if you are an elite runner and that is ALL you care about...but in the real world, I care about my muscle tone! So, despite his thoughts on the subject, I still lifted at least twice a week, plus core work and flexiblity training.But he does say to listen to your body and train in a way that you become your own coach. So, I guess I didn't go too far from his coaching.If you are looking for something to motivate you to run faster and train harder, buy this book. I bought it on kindle and wish I had the book cuz the charts are really hard to read, but sometimes it is just hard to wait for that one thing you know is going to get you going....NOW!!!

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