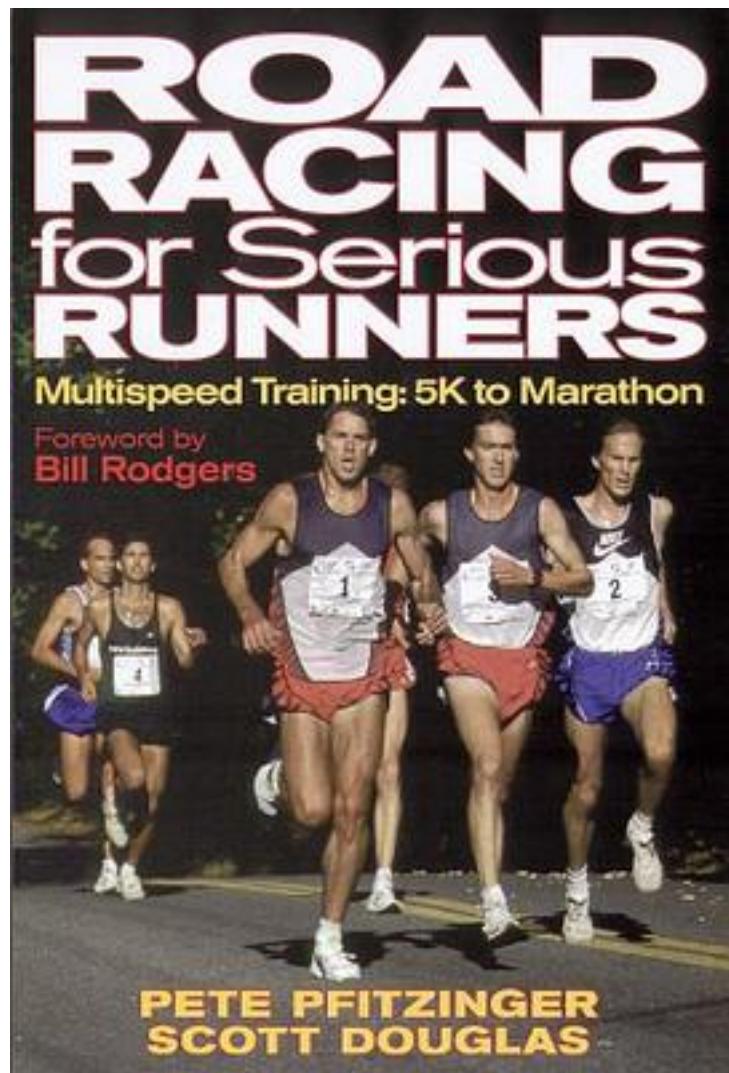


Road Racing for Serious Runners



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This text takes a comprehensive look at training for competitive long-distance racing, containing charts, schedules and checklists to guide the runner in organizing his or her training. Runners select a goal racing distance, then learn how to prepare for success at this chosen distance by using a mix of five workouts: long runs, tempo runs, VO2 max workouts, basic speed sessions, and recovery runs. An individualized programme can be created by adjusting the training schedules provided for common race distances: 5K, 8K to 10K, 15K to half marathon, marathon, and cross country. Included with each of the five training schedules are racing tactics, mental tips, and lessons from world-class runners.

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