Running Tough
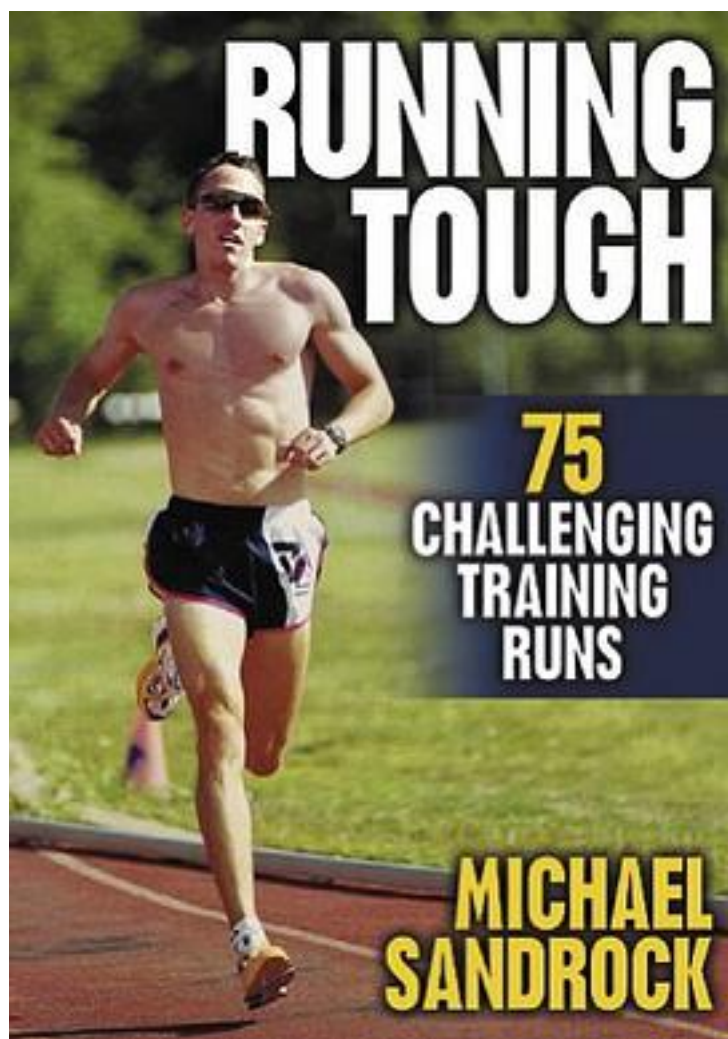
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This collection pulls together effective and challenging training runs from runners and

coaches such as Bill Rodgers, Frank Shorter, Arthur Lydlard, Ron Clarke, Emil Zatopek, Craig Masback, and Libbie Hickman. They share the details and secrets of their best training runs and why they are so effective. This volume organizes the workouts by training goals to create a user-friendly training handbook. This allows coaches and runners to develop a customized training plan using the most appropriate workouts for training and racing.

作者介绍:

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