



Daniels' Running Formula-3rd Edition

By Jack Daniels

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Daniels' Running Formula-3rd Edition By Jack Daniels

Get in the best shape of your running career with the help of Daniels' Running Formula, the book that Runner's World magazine calls the best training book. Premier running coach Jack Daniels provides you with his legendary VDOT formula to guide you through training at exactly the right intensity to run stronger, longer, and faster.

Choose a program to get in shape, target a race program, or regain conditioning after layoff or injury. Train for competition with programs for 800 meters, 1500 meters to 2 miles, cross country races, 5K to 10K, 15K to 30K, and marathon events. Each program incorporates training intensities to help you build endurance, strength, and speed. With Daniels' Running Formula, you'll track the time you spend at each level, train more efficiently, and optimize results.

Completely updated with new chapters on altitude training, seasonal programming, and treadmill training, Daniels' Running Formula, Third Edition, is the most comprehensive, accessible, and instantly applicable edition to date. Customizable to your current fitness level, competition goals, and schedule, the formula is the ideal solution for any race, anywhere, anytime.

Whether training or competing, get the results you're seeking every time you lace up with the workouts and programs detailed in Daniels' Running Formula.

"When most people see the name Jack Daniels, they picture a whiskey bottle. But runners will think about the renowned coach and exercise physiologist. At 81, Daniels has had a bigger influence on training-for-running than anyone. Indeed, he might be considered the Albert Einstein of the sport. His 1998 book, Daniels' Running Formula, unlocked the mystery of appropriate training paces for runners of all abilities. His philosophy was simple: Do the minimum amount of work for the maximum payoff." — Runner's World

"In one way or another, today's serious runners abide by training principles rooted in Jack Daniels' research and philosophy and outlined in his famous book, Daniels' Running Formula." — Running Times

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