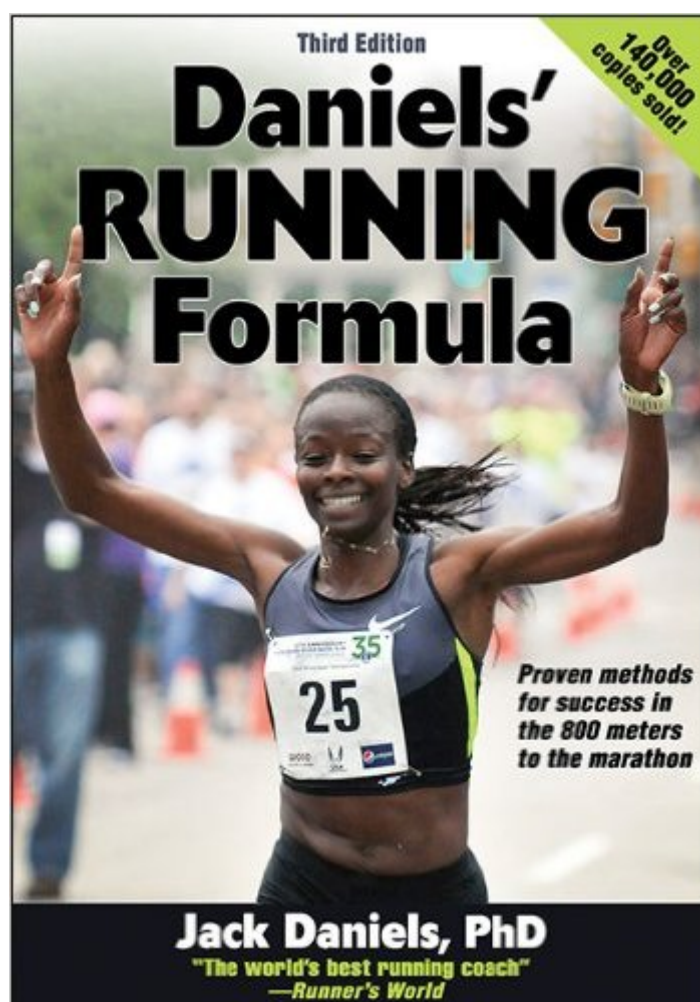


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# Daniels' Running Formula-3rd Edition



## Synopsis

Get in the best shape of your running career with the help of Daniels's™ 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's™ 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's™ 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's™ Running Formula.

## Book Information

Paperback: 320 pages

Publisher: Human Kinetics; 3 edition (December 31, 2013)

Language: English

ISBN-10: 1450431836

ISBN-13: 978-1450431835

Product Dimensions: 0.8 x 7 x 9.8 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (143 customer reviews)

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Other Team Sports > Track & Field #25 in Books > Health, Fitness & Dieting > Exercise &

Fitness > Running & Jogging #30 in Books > Sports & Outdoors > Coaching > Training &

Conditioning

## Customer Reviews

Before I start, a couple of pieces of information that may help. First off, I find the science in this book to be a bit overwhelming at times, and I've been teaching at the university level for more than twenty years--just not in the sciences. I have a doctorate and three master's degrees, and I still find my

brain swimming when I try to make it through some of the scientific info. That's just the way it is--the science isn't for everyone, and you shouldn't give up on this book if the science sections don't make complete sense--just don't read them. The information isn't at all necessary for improving your running. It's cool to know if you do make it through, but it doesn't matter if you don't. Second, I used the DRF ten years ago (at age 44) to go from an 18:55 5k to an 18:05 in about six months. I just got back into competitive running last year (after several years of doing ultras), and I had no real speed at all. After three or four month, I found I wasn't improving my times much, so I decided to give Daniels another go-round and bought the new edition. On November 1, 2014, I did a 6k in 24:52 (a 6:40 pace). Then I bought this book and started the 5k program, and in March of 2015 I did a 10k in 39:36 (a 6:23 pace). That pace, of course, would have been faster had I done just a 6k, so there is evidence in my experience that shows that this program works if you give it a chance. Here's what I've done, and what I recommend to others to whom I've given this book. First off, you need a current running time for a specific distance. If you don't have one, go get one, either by signing up for a local 5k or going to a high school track and pushing yourself for a mile.

Being a recreational runner and mini-triathlon participant, I tried to read as many informative books on training as possible to improve my personal best times. I've read about Jack Daniels, PhD, and his successful distance running training programs in numerous online magazines before, so I didn't hesitate to select this book instantly. Likes: \*Specific training programs geared toward runners from novices to elite runners. \*Training based on scientific aerobic data, such as Velocity and VDOT O2 Max (maximum oxygen consumption and the efficiency of utilizing specific amounts of oxygen to generate velocity or speed/faster times), Maximum heart rate, Resting heart rate, etc.. \*Simple wording and explanations allow most readers to readily understand the aerobic data and parameters being measured, calculated, and evaluated. \*Addressed the psychological and motivational aspects of distance running training. \*Informative tables of VDOT values for different levels and ages of runners, i.e., what VDOT ranges are expected to generate the times (at various distances) associated with age and level of proficiency. \*Very informative sections on breathing rhythm, altitude training, and preparing for events/races with precise time tables. Slight drawback: Very limited discussions on sports nutrition, supplements, carbo-loading, and energy drinks, etc.. Author just stated to have a consistent diet to store up necessary muscle glycogen for specific distances. Readers will have to rely on their own nutrition experiences or do further research on that important topic. Overall: An invaluable, informative, and proven distance running training guide based on scientific data and evaluations.

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