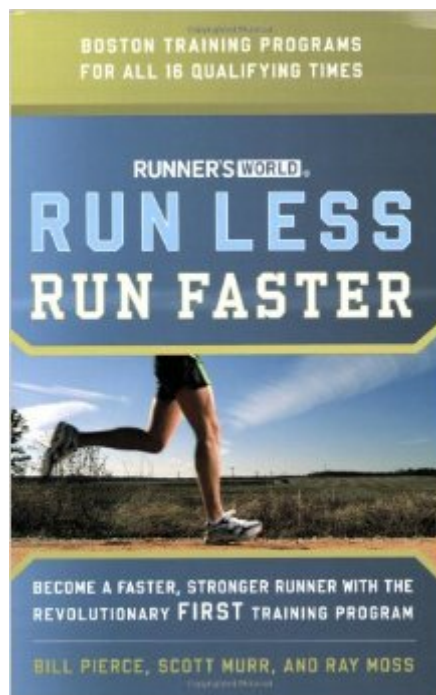


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# Runner's World Run Less, Run Faster: Become A Faster, Stronger Runner With The Revolutionary FIRST Training Program



## Synopsis

Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the Wall Street Journal and featured twice in six months in cover stories in Runner's World magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the "3 plus 2" program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed-2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout. With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, Runner's World executive editor and Boston Marathon winner, calls the FIRST training program "the most detailed, well-organized, and scientific training program for runners that I have ever seen."

## Book Information

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## Customer Reviews

I just bought this book a couple of weeks ago and was very intrigued and motivated about starting an actual training routine. However I was very dissapointed with the book in many aspects that should be weighted before buying the book. Positive things first:-the methodology and routines

described in this book are great and pretty much proven scientifically which is rare in this kind of books-a bunch of tables, statistics, etc.-different programs for 5K, 10K, Half Marathon and Marathon-lots of letters from runners and answers to their questions makes this more human and you feel less like a guinea pig for an experiment-stretching diagrams are very detailed and well explained

Negative aspects:-almost all the tables and programs are available for free from the FIRST web site: [...] so is it really necessary to write a book this extensive to repeat the information?-I absolutely HATED that they use english system and then metric system at will.... I was completely lost at some points regarding the distance I was expected to run or my tempo... again, this is solved in the website where you will find the same information in metric units or english units but not mixed together-first chapters are terribly repetitive, they insist on how less is better and it avoids injuries but is it necessary to repeat it over 50 pages?-The book seems completely oriented towards qualifying for the Boston marathons... which is fine by me but not every reader cares about a marathon that is mentioned every 2 pages as reference against which all times are measured. I don't see why you can't focus only on 5K or 10K training and enjoy the same method created by FIRST. Yes those 2 programs are available but only about 5% of the book is dedicated to them.

This book provides with very specific paces, for three specific workouts. If you stick to the plan, I believe it works and it did, in fact, work well for me. However, every run has a pace and a purpose and unless your buddy is doing the exact same program, at the exact same pace, you're doing every single run alone over those 12 weeks. My problem with this book is not with the training plan, though. My problem is that it is VERY SHORT on information other than the training plan. Instead it is filled with "hey, it worked for me letters." Yawn. I had many questions which were never addressed in any way. The paces are all challenging, I was surprised they didn't address how to cope with the pain mentally. For me, I could hit all my paces, except the short tempo pace. I didn't know if I should change all my paces or just that one, or if I should run at that pace until I had to stop. In fact, the basic question of what to do when you weren't running at the desired pace was never addressed, other than to say that it should average out to the specific pace. Well, when you're having an off day the averages don't always work in your favor...It was difficult to find a cross training activity that left my legs alone so that they would be able to perform at their peak for my next run. Running a hilly course is never addressed; my paces were completely off when I had to run any hills at all. I've got a long list of issues that they apparently never thought of. I found myself seeking out flat runs where I could maintain the challenging paces, and that in itself also got boring. Ultimately, I felt like the authors took the easy way out in not addressing many of these issues. It's easy to say "go do this.

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