



Daniels' Running Formula-3rd Edition

Jack Daniels

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Daniels' Running Formula-3rd Edition

Jack Daniels

Daniels' Running Formula-3rd Edition 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*.

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