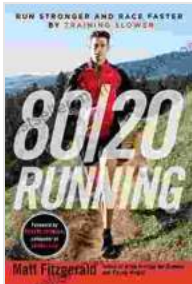


Run Stronger And Race Faster By Training Slower



80/20 Running: Run Stronger and Race Faster By Training Slower by Matt Fitzgerald

★★★★☆ 4.5 out of 5

Language : English
File size : 15542 KB
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Conventional wisdom says that the best way to improve your running speed is to train hard and fast. But what if the opposite is true? What if training slower could actually help you run stronger and race faster?

That's the premise of a growing body of research on slow running. Studies have shown that runners who incorporate slow runs into their training plans see improvements in their speed, endurance, and overall running economy.

So, what exactly is slow running? Slow running is running at a pace that is significantly slower than your race pace. For most runners, this means running at a pace that is about 60-70% of their maximum heart rate.

There are many benefits to incorporating slow runs into your training plan. Slow runs help to:

- Improve your aerobic capacity
- Increase your endurance
- Reduce your risk of injury
- Promote recovery from hard workouts
- Improve your running economy

If you're new to slow running, it's important to start slowly and gradually increase the distance and duration of your slow runs over time. You should also listen to your body and take rest days when you need them.

Here are some tips for incorporating slow runs into your training plan:

- Start by running slow for 20-30 minutes, once or twice a week.
- Gradually increase the distance and duration of your slow runs over time.
- Run at a pace that is significantly slower than your race pace.
- Listen to your body and take rest days when you need them.

If you're consistent with your slow running, you'll start to see improvements in your running speed, endurance, and overall running economy. So, what are you waiting for? Start training slower today and see how much faster you can run.

Example Slow Run Workout

Here is an example of a slow run workout that you can try:

1. Warm-up: Run for 5-10 minutes at an easy pace.
2. Slow run: Run for 30-60 minutes at a pace that is significantly slower than your race pace.
3. Cool-down: Run for 5-10 minutes at an easy pace.

You can adjust the distance and duration of your slow runs to fit your fitness level and schedule. It's important to listen to your body and take rest days when you need them.

Training slower can be a great way to improve your running speed, endurance, and overall running economy. If you're not already incorporating slow runs into your training plan, I encourage you to give them a try. You may be surprised at how much they can help you improve your running.

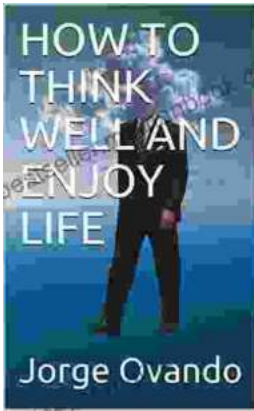


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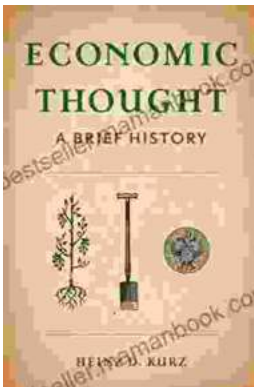
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