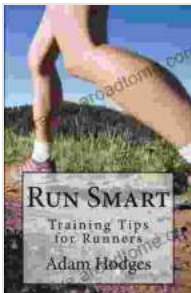


# Run Smart: Training Tips for Runners of All Levels

Running is a great way to get in shape, relieve stress, and improve your overall health. But if you're not careful, it can also be a source of pain and injury.



## Run Smart: Training Tips for Runners by Adam Hodges

★★★★★ 5 out of 5

Language : English  
File size : 603 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 184 pages  
Lending : Enabled



That's where Run Smart comes in. This comprehensive guide to running training provides everything you need to know to run safely and effectively, regardless of your fitness level.

In Run Smart, you'll learn:

- How to choose the right running shoes and gear
- How to warm up and cool down properly
- How to set realistic running goals

- How to create a training plan that fits your needs
- How to troubleshoot common running injuries

Whether you're a beginner runner who is just starting out or a seasoned runner who is looking to improve your performance, Run Smart has something for you. This book is packed with practical advice and tips that can help you reach your running goals safely and effectively.

### **Free Download Your Copy of Run Smart Today!**

Run Smart is available now at [Our Book Library.com](http://OurBookLibrary.com) and other major bookstores.



# TYPES OF RUNS

- ### 1. RECOVERY RUN

  - 4 miles
  - Easy pace
  - Running with slight
  - Air through in a relaxed
  - Do not take away from
- ### 2. BASE RUN

  - 4 miles
  - Powerful rhythmic pace
  - Short to moderate length
  - Key improvement in aerobic capacity and endurance
  - Requires running economy
- ### 3. LONG RUN

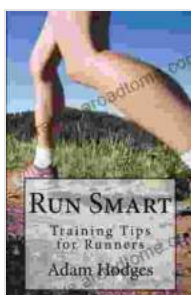
  - Back half fast but longer
  - Powerful left foot
  - Optimise your endurance
  - Requires running economy
- ### 4. PROGRESSION RUN

  - 2 miles at 10:00 pace + 2 miles at 9:30 pace + 2 miles at 9:00 pace
  - 2 miles at 8:30 pace
  - Ends at a pace faster than started to test your
  - Maximum challenging
- ### 5. FARTLEK

  - 3 miles at 10:00 pace + 70 x 1:00 paces of 1K pace + 1:00 minutes rest run
  - Not run which aims to increase of energy system
  - Practice of developing efficiency & fatigue resistance in faster speeds
- ### 6. HILL REPEATS

  - 2 miles of easy jogging + 10 x 100m hill repeats at a fast
  - 2 minute active recovery between repeats + 2 minute rest
  - Requires short bursts of fast uphill running
  - Increased aerobic power & high intensity
  - Weighted and increases & improves
  - Introduction to harder high intensity training
- ### 7. TEMPO RUN

  - 2 miles at 10:00 pace + 4 miles at 9:30 pace + 2 miles at 9:00 pace
  - Requires effort at similar threshold intensity
  - Increased aerobic power and endurance
  - Requires more you can sustain relatively fast pace



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