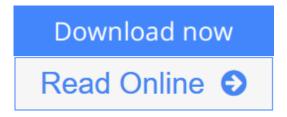# Run Fast: How to Train for a 5-K or 10-K Race

By Hal Higdon

Run Fast: How to Train for a 5-K or 10-K Race By Hal Higdon

From a senior writer at Runner's World magazine, here is the authoritative guide to proven techniques for the most popular road races. For both beginner and veteran runners, this insider's guide includes information on training, power drills, form, weight training, stretching, injury prevention and more.

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Run Fast: How to Train for a 5-K or 10-K Race By Hal Higdon Bibliography

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Editorial Review

From Library Journal
Higdon shares training secrets gleaned from a long career as racer, coach, and senior writer for Runner's World magazine, and offers the advice of exercise physiologists and elite runners. He describes a variety of training methods to boost speed and endurance (e.g., intervals, fartlek, and sprints), and covers warm-ups, flexibility, and strength training exercises. The text could benefit from an appendix of sample workouts for easier access, illustrations of the exercises, and a glossary of terms. This book complements the works of Jim Fixx, George Sheehan, and Bob Glover and should be useful in running collections due to the increased popularity of short-distance races. Higdon's love of running, unabated at age 60, will inspire joggers of any age.
- *Sandra Math, St. John's Univ. Lib., Staten Island, New York.*
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Users Review

From reader reviews:

Romana Linder:

In this 21st hundred years, people become competitive in each way. By being competitive today, people have do something to make these people survives, being in the middle of the particular crowded place and notice simply by surrounding. One thing that sometimes many people have underestimated that for a while is reading. Yep, by reading a e-book your ability to survive enhance then having chance to stand than other is high. To suit your needs who want to start reading a new book, we give you this Run Fast: How to Train for a 5-K or 10-K Race book as nice and daily reading book. Why, because this book is usually more than just a book.

Jerry Rivera:

The book untitled Run Fast: How to Train for a 5-K or 10-K Race contain a lot of information on this. The writer explains the woman idea with easy method. The language is very clear to see all the people, so do not worry, you can easy to read it. The book was written by famous author. The author provides you in the new time of literary works. You can actually read this book because you can continue reading your smart phone, or model, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site and order it. Have a nice go through.

Verna Riddle:

On this era which is the greater person or who has ability to do something more are more important than other. Do you want to become among it? It is just simple solution to have that. What you have to do is just spending your time not very much but quite enough to possess a look at some books. On the list of books in the top checklist in your reading list is actually Run Fast: How to Train for a 5-K or 10-K Race. This book that is certainly qualified as The Hungry Slopes can get you closer in getting precious person. By looking

way up and review this publication you can get many advantages.

Doreen Looney:

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