

Download 80/20 Running Run Stronger And Race Faster By Training Slower Matt Fitzgerald

Matt Fitzgerald is an acclaimed endurance sports and nutrition writer and a certified sports nutritionist. He is the bestselling author of more than a dozen books on running and fitness, including *80/20 Running*, *Brain Training for Runners*, *Racing Weight*, and *Iron War*, which was long-listed for the 2012 William Hill Sports Book of the Year. *Run Stronger and Race Faster by Training Slower*. In his bestselling book *80/20 Running*, Matt Fitzgerald makes the case for slowing down to get faster and shows runners how to break out of the “moderate-intensity rut.” *80/20 Running. Run Stronger and Race Faster by Training Slower*. 2014 New research proves that runners of all experience and ability levels improve most when they do 80 percent of their training at low intensity. The Furman Institute of Running and Scientific Training (known as FIRST) is dedicated to make running more accessible and limit overtraining and burnout while producing faster race times.