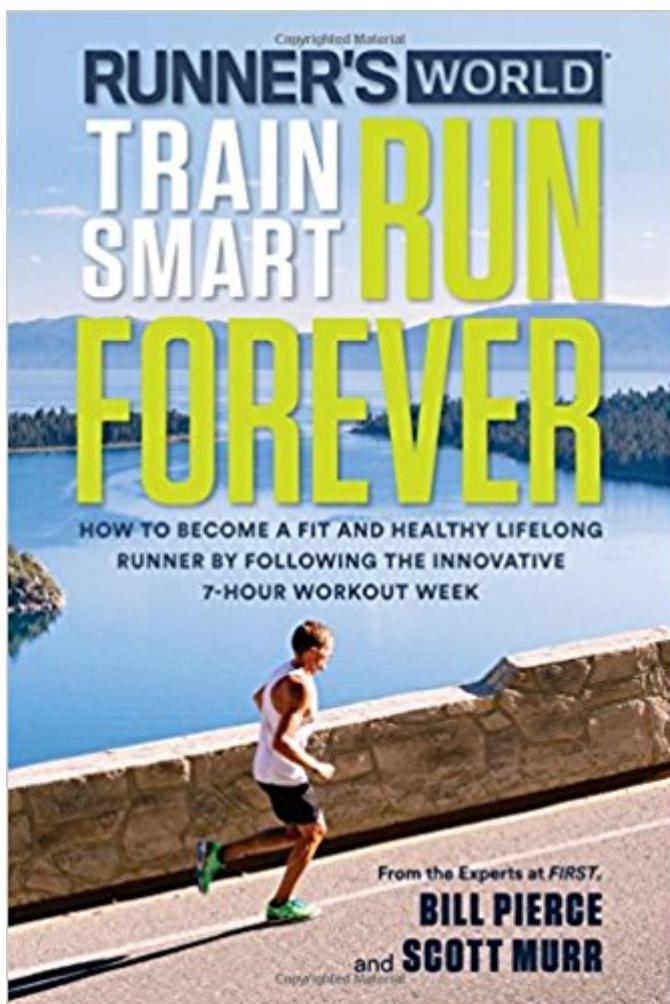


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# Runner's World Train Smart, Run Forever: How To Become A Fit And Healthy Lifelong Runner By Following The Innovative 7-Hour Workout Week





## Synopsis

From the experts at the Furman Institute of Running and Scientific Training (FIRST), Runner's World Train Smart, Run Forever goes beyond traditional training programs and addresses the issues that prevent runners from reaching their full potential. This book will teach you how to become a fit, fast, and healthy lifelong runner by following the authors' innovative 7-hour workout week. In this new approach, Bill Pierce and Scott Murr show how overall fitness and total body health are the secret to longevity as a runner. Runner's World Train Smart, Run Forever is appropriate for all runners, but is especially helpful if you're frustrated by injuries or looking to maintain your healthy lifestyle as you age. This book addresses the controversies surrounding the dangers of over training and the stress associated with the constant craving for faster race times. Complete with a comprehensive program to enhance overall fitness, improve race times, and support healthy aging, this book will show you how to achieve your fitness goals at any stage.

## Book Information

Paperback: 320 pages

Publisher: Rodale Books (April 4, 2017)

Language: English

ISBN-10: 1623367468

ISBN-13: 978-1623367466

Product Dimensions: 6.1 x 0.8 x 225.8 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #8,233 in Books (See Top 100 in Books) #9 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #12 in Books > Sports & Outdoors > Coaching > Training & Conditioning #27 in Books > Sports & Outdoors > Individual Sports

## Customer Reviews

"The team from FIRST has done it again. By combining feedback from more than 10,000 e-mails and wisdom gleaned at scientific running camps, they have put together detailed guidance to help you run faster and forever by following the 7-Hour Workout Week." • Amby Burfoot, editor-at-large, Runner's World and 1968 Boston Marathon Champion

Bill Pierce and Scott Murr are experts at The Furman Institute of Running and Scientific Training (FIRST) and authors of the popular book Runner's World Run Less, Run Faster. Bill Pierce is an

experienced marathoner and chair of the Health Sciences Department at Furman University. He lives in Greenville, South Carolina. Scott Murr is an experienced marathoner and 12-time Ironman Triathlon finisher, is director of the Furman Fitness and Aquatics Center. He lives in Greenville, South Carolina.

This was a good running book for aging runners or anyone wanting to lessen injuries. The FIRST program is unusual as they stress quality over quantity.

Realistic good info about short and long runs, nutrition and weight exercise. Also scientific info what works to improve your running.

Well written. Informative. Solidly based guidance.

Informative and interesting but lots of statistics and studies

Great book! This covers everything the aspiring runner or seasoned athlete need to know.

thank you

I haven't finished reading this yet, but so far, and from flipping through it, it's terrific. I trained for three marathons using the 3-day-a-week FIRST training plan years ago. These guys know their physiology of running. I like that they have geared this to the "masters" runners, of which I am one. I'm excited to have a new training plan to follow. Thanks, for writing this book.

Really liked this book - the authors research was very interesting and agreed with other authorities. It just seemed like it took a long time to get to the program and then that's it. Kind of a disconnect between the first part and the second. Overall very good information.

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Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program

Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Speak in a Week! Italian Week One [With Paperback Book] (Speak in a Week! Week 1) (Italian Edition) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Runner's World Runner's Diet: The Ultimate Eating Plan That Will Make Every Runner (and Walker) Leaner, Faster, and Fitter The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster The Maze Runner (Maze Runner, Book One) (The Maze Runner Series) Runner's World Complete Book of Women's Running: The Best Advice to Get Started, Stay Motivated, Lose Weight, Run Injury-Free, Be Safe, and Train for Any Distance Triathlete Magazine's Essential Week-by-Week Training Guide: Plans, Scheduling Tips, and Workout Goals for Triathletes of All Levels Runner's World Guide to Running and Pregnancy: How to Stay Fit, Keep Safe, and Have a Healthy Baby The Treadmill Advantage: Save Time, Train Smarter, and Become a Better Runner Run Patty Run: The Story of a Very Special Long-Distance Runner Who Lights the Way for Others Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience( Puppy Training, Pet training book) (Dog Taining, ... training books,How to train a dog, Book 2) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1)

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