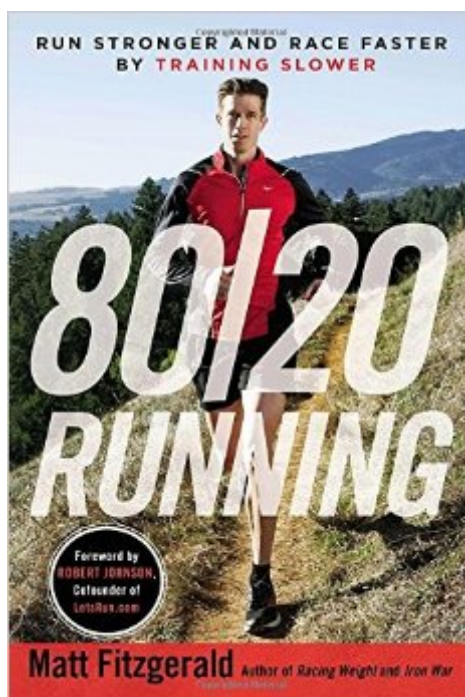# 80/20 Running: Run Stronger And Race Faster By Training Slower

## Synopsis

TRAIN EASIER TO RUN FASTERThis revolutionary training method has been embraced by elite runnersâ "with extraordinary resultsâ "and now you can do it, too.Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running programâ "in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensityâ "is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, 80/20 Running is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon distances.In 80/20 Running, youâ ™ll discover how to transform your workouts to avoid burnout.Runs will become more pleasant and less drainingYouâ ™ll carry less fatigue from one run to the nextYour performance will improve in the few high-intensity runsYour fitness levels will reach new heights80/20 Running promotes a message that all runnersâ "as well as cyclists, triathletes, and even weight-loss seekersâ "can embrace: Get better results by making the majority of your workouts easier.

## Book Information

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Average Customer Review:  4.4 out of 5 starsÂ Â See all reviewsÂ (117 customer reviews)

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## Customer Reviews

I have been using the Maffetone 180 rule (180 - Age = target heart rate) for quite some time now. Basically you subtract your age from 180 and that gives you your target training heart rate for which you should never exceed. While I have seen success with this training (I have lost weight, set a new 50k PR, and have remained injury free), I always felt like there was something missing. Even though I saw great results, I always felt like if I did some hard training every now and again, I could become more fit.Maffetone says that the only time you should do anaerobic training is during racing. Well, I

run ultra marathons and I rarely (if ever) go anaerobic during my races. So I feel like I have been missing out on that anaerobic training. Fitzgerald's 80/20 principle (or more accurately, the Seiler 80/20 principle) compliments Maffetone's 180 rule quite well. The low intensity guidelines provided by Fitzgerald in Chapter 6, align quite nicely with my target heart rate range under the Maffetone 180 rule. However, the 80/20 principle allows me the opportunity to do some training at moderate and high intensities.Many books and articles vaguely refer to anonymous studies and rarely cite the actual study. The authors use the much to common "some studies say" without telling the reader what the actual study was. This means the reader must take the author at his/her word. Fitzgerald cites almost all of his studies with the name of the study as well as the name of the individual(s) who conducted the studies. This is extremely helpful to a guy like me because I like to find the study and read up on the details.I gave this book a 4/5 because I felt that there were some physiological components of training that were left out.

Amazing read. This book has confirmed what I learned the hard way. If you are serious about training properly and efficiently; get a Vo2 test to determine your Heart Zones for aerobic and anaerobic training. It will cost you some $$ but it removes all the guess work and "mathematical" estimations. Last year, when I started to train for my Ironman 70.3, I got into an interesting debate with my running team. The question was do you use Heart Rate (HR) monitor zones to train your body for aerobic endurance or do you run by "feel"? The debate quickly turned into which current training methodology is the most effective: 1) Low (HR) intensity-High Volume (miles) or 2) High HR intensity-low Volume (miles). I had recently gotten a Vo2 test and I realized that for years, I was training in the "junk" zone. The junk zone is the zone between aerobic and anaerobic activity where you are not helping either system. As a consequence, I had to deliberately slow my pace to almost 2 minutes slower per mile to keep my HR in the proper zone. My friends thought that this was completely ridiculous but I showed them previous science and Vo2 results that confirmed that I needed to train at a lower HR intensity. Because when racing in an IM 70.3, you do not want to go anaerobic else, you will not complete the race. After my IM 70.3, I realized that the biggest mistake I made was that I did not do enough anaerobic training. This book is the missing puzzle piece! It discusses the best method's to train for endurance events. 80% at low-intensity high volume and 20% at a high intensity low volume. So, for every 10 miles, 8 are at a zone 2 low intensity pace (pure aerobic) and 2 miles are are a high intensity pace (pure anaerobic).

80/20 Running: Run Stronger and Race Faster By Training Slower Runner's World Run Less, Run

Faster:Â Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging): (Running And Jogging For Beginners, Weight Loss, Exercise, How to Run And Jog) Running: The Ultimate Guide To Running For Weight Loss, Health And Fitness - Includes Easy To Follow Training Plans For Beginners (How to Run, Jogging, Marathon Training) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training: Step By Step Puppy Training Guide-Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Running for Health and Happiness: The Beginner's Guide to Faster, Pain-Free Running Running with the Whole Body: A 30-Day Program to Running Faster with Less Effort The Running Revolution: How to Run Faster, Farther, and Injury-Free--for Life Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners-Run Farther, Faster, and Injury-Free The Triathlete's Training Diary: Your Ultimate Tool for Faster, Stronger Racing, 2nd Ed. Running Mindfully: How to Meditate While Running for Your Body, Mind and Soul (Tibetan Buddhism, Mindful Running) Running: Distance Running: Improve Your Long Distance Running Step By Step Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks)