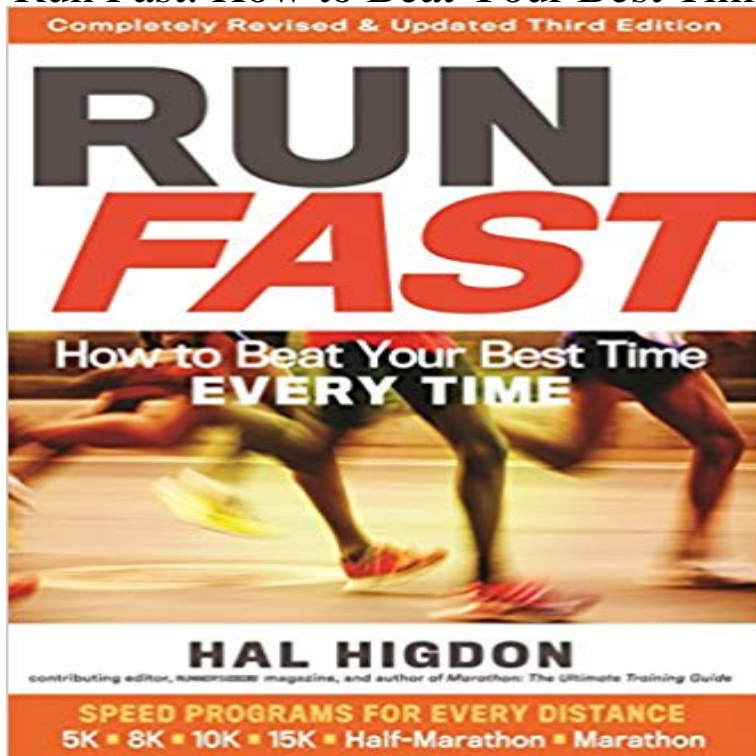


Run Fast: How to Beat Your Best Time Every Time



You can run faster, and this book will show you how. Run Fast is a comprehensive guide for runners of all abilities to improve speed and achieve a personal best at any distance. Hal Higdon is one of the most experienced and trusted experts in running and this classic volume is completely revised and updated with new workouts, race distances, and advice for runners of every level. Run Fast spells out a complete program to help you increase your speed, build your endurance, improve your times, and motivate yourself to achieve your running goals. Run Fast will teach you how to maximize your potential without merely running faster. Whether you want to shave time off your personal record or you are lacing up your sneakers for the first time, Run Fast has the motivational and practical advice to improve your speed and make training fun.

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