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# **80 20 Running Run Stronger And Race Faster By Training Slower English Edition By Matt Fitzgerald**

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and daniels running formula both advocate plenty of easy running in their training programs which i am now adopting however if i m to run at the low intensities 80 20 running teaches i d get very bored very quickly running 10 minute miles to keep my heart rate in zone 1 or 2 is not for me'

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**'80 20 running my 1 takeaway**

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slower he shifts away from a close focus  
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essentially fitzgerald argues that in  
order to race faster you have to run  
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how the 80 20 running program in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity is the best change runners of all'

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**stephen seiler'**

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