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

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case for slowing down to get faster and
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running is that the perfect running plan
would have you do 80 of your running at a
low intensity and just 20 at a moderate
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it all so well and gives tons of examples
but the key point is that most
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basically changed my entire outlook on
how to train for a lifetime or running
both for myself and for my clients easily
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discuss the training according to a high
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order to race faster you have to run
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