Your Running Questions Answered

- Physiology of training
- Principles of training
- Focus on your OWN goal
- Cross Training
- Training Cycles (periodization)
- Training for the 5K
- Training for the 10K
- Training for the 20K
- Training for the Marathon
- Training for Cross Country
- Interval Training
- Heart Rate Training
- Nutrition for the Runner
- Make your OWN goal to work towards
- Have a defined purpose for every workout
- Have an objective but flexible training plan
- Strength Training for Runners
- The Effects of Aging on Performance
- Body Composition and Your Ideal Weight
- Running Injuries: Prevention and Rehabilitation
- 3-Quality-Runs-Per-Week Training
- How to Develop Efficient Running Form