Tired of being hurt? Tired of missing training runs because life gets in the way? Or are you just plain tired from running so many miles in the midst of your marathon training?

Three Furman University professors have written the book for you.

"Run Less, Run Faster," is the compilation of wisdom attained by the Bill Pierce, Scott Murr and Ray Moss — Furman health and exercise science professors — during their ground-breaking work with FIRST, the Furman Institute of Running & Scientific Training.

In a nutshell, the book details how to maximize your training by running three key workouts a week, and a day or two of cross training.

Through their own experiences and that of numerous test subjects the three found they could pare a typical five- or six-day training week down to three days of running by eliminating non-essential runs. The training schedule is reduced to: a long run, a track workout and a tempo run.

While they were all initially skeptical themselves, as were many of their guinea pigs, they found that by focusing on training, fitness gains were made instead of lost by a reduced workload.

"People see the 'Run Less' and find that attractive," Murr said, "but then they find out how demanding the workouts are. It's quality training."

While the three were doing research to try and prove that less can indeed sometimes be more, they never intended to write a book. It just sort of happened.

On the run: From left, Ray Moss, Scott Murr and Bill Pierce sign copies of their book “Run Less, Run Faster” for students Claire Richards and Lauren Tomory.

RUNNING

BUY THE BOOK

"Run Less, Run Faster," $16.95, 289 pages, soft cover, is published by Rodale. Buy a copy by visiting: www.furman.edu/first/ or where ever fine books are sold.

"In our third year of FIRST," said Pierce, "we had lots of training programs and prediction charts in these big binders."

But because the three were all giving lectures their notes were a little disorganized, Murr said. The three eventually combined all their notes together with their training programs and put it in a spiral training binder for use by those using the FIRST method.

When Runner's World editor Amby Burfoot was in town researching an article on FIRST for the magazine, Pierce said he showed the binder to him and asked him, "What do you think?"

"He said, 'I think it's a book,'" Pierce said he replied.

But it wasn’t until yet another article appeared in the Wall Street Journal in February 2006 that the book idea took root. A book agent from New York cold-called Pierce and echoed Burfoot’s sentiments.

"We didn't even know what an agent was," Pierce said with a laugh.

Nevertheless, the three learned quickly. They put together a 40-page book proposal, and the agent auctioned the book rights to five publishing companies.

The three selected Rodale, even though it didn’t offer the biggest advance, mainly because they thought the company which publishes magazines and books on fitness and health could reach their target audience.

“We’ve said all along, our purpose was to disseminate information,” Pierce said. “We just wanted to write the best book we could for runners.”