

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

FURMAN INSTITUTE OF RUNNING & SCIENTIFIC TRAINING

FIRST