

Complete book on Running by Jim Fixx (1977)

Running improves self worth and relieves tension. Don't exceed 500 calorie deficit per day (3500 calories = 1 lbs in 1 week). A 160-lb runner consumes 110 calories/mile (may vary due to what shape you are in, terrain, altitude, weight, etc). For the same distance, running faster (uses more energy for less time) is about the same calories as running slower for longer time. Every extra pound costs a marathon runner 40 seconds. If your pulse doesn't return to 120 within 90 sec you're running too hard. Only do speed intervals 5% of the total miles trained. Run relaxed and even paced. Run fully over the crest of a hill and pick up the pace before a trail narrows and at the finish line. He details the Boston marathon course.