

# Faster Running

by Bill Rodgers (1991)

Most runners expect racing times to improve for 7- 10 years. Only do long runs in training for a marathon. The metabolic afterburn for a 30 minute workout is 2 hours, but a 60 minute workout extends it to 7.5 hours. People who run high mileage crave sugar. Besides running, do cross-training, stretching & strengthening. To race fast you must train fast. One mile (1 minute faster than everyday pace) for several weeks can improve 5k race time by 30 seconds. Combine long runs and speed only when it counts (in a race). You race on speed & endurance that were developed weeks earlier, and tapering allows needed rest. Add 5% (+/- 20 sec) per mile to your pace as the distance doubles to predict new time. A steady pace wins the race against time. Extend long runs until the projected time (not dist) of the marathon, and keep the other runs during the week under 1 hour.