



The Runner's Book of Training Secrets

Ken Sparks, Dave Kuehls

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Train with the pros!

More than 50 world-class runners reveal the secrets of their success--and a top sports physiologist explains how their training methods can work for you, whether you've been running for a day or a decade.

Turbo-charge your performance with expert advice on speed training, strength training, nutrition and supplementation, cross-training, stretching, masters running, peaking, injury prevention and much more!

Discover the training methods of elite runners, including:

Dan Held, third at the 1995 U.S. Marathon Championships

Debbi Kilpatrick-Morris, 1995 U.S. Women's Marathon champ

Annie Marie Lauck, top U.S. road racer in 1993

Steve Holman, 1992 U.S. Olympian, 1500 meters

Lynn Jennings, 1992 Olympic bronze medalist

PattiSue Plumer, 1992 U.S. Olympian, 3000 and 1500 meters

Jim Spivey, 1984 and 1992 U.S. Olympian, 1500 meters

Steve Spence, 1991 World Marathon Championships bronze medalist

Lisa Weidenbach, 1985 Boston Marathon champ

Jaacqueline Gareau, 1980 Boston Marathon winner

Laurie Gomez-Henes, eight-time all-American

Ric Sayre, top U.S. masters runner

Elite runners share their best tips and techniques for:

Speed training

Distance running

Racing strategies

Injury prevention

Eating for competition . . . and recovery

Developing a winning attitude

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Katherine Sherrer:

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