

15 Mile Run Training Plan

1.5 Mile Run Training Plan: Your Guide to Success

Author: Dr. Emily Carter, Ph.D., Exercise Physiology & Certified Running Coach

Description: This comprehensive guide provides a detailed 1.5 mile run training plan suitable for various fitness levels, from beginners aiming to complete their first 1.5-mile run to intermediate runners looking to improve their time. We'll explore the importance of a structured plan, key training elements, injury prevention, and personalized adjustments. This 1.5 mile run training plan emphasizes a holistic approach to running, addressing not only physical fitness but also mental preparation and recovery.

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Editor: Sarah Miller, M.S., Exercise Science & Certified Personal Trainer.

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1. Understanding the Significance of a Structured 1.5 Mile Run Training Plan

A structured 1.5 mile run training plan is crucial for achieving your running goals efficiently and safely. Unlike simply going for runs without a plan, a structured approach allows for progressive overload, ensuring your body adapts gradually to the increased demands of running. This minimizes the risk of injury and maximizes performance gains. A well-designed 1.5 mile run training plan considers various factors, including your current fitness level, running experience, and specific goals (e.g., completing the run, improving your time).

2. Assessing Your Current Fitness Level

Before embarking on any 1.5 mile run training plan, it's vital to assess your current fitness level honestly. This involves considering your current running ability (if any), overall fitness level (cardiovascular health, strength, flexibility), and any existing injuries or health conditions. A simple test, such as a timed 1-mile run, can provide a baseline measure of your aerobic capacity. This assessment helps you choose the appropriate 1.5 mile run training plan and modify it as needed.

3. Components of an Effective 1.5 Mile Run Training Plan

A comprehensive 1.5 mile run training plan incorporates several key components:

Warm-up: A dynamic warm-up, including light cardio and dynamic stretches, prepares your body for the upcoming run.

Running Intervals: Incorporating interval training – alternating high-intensity bursts with periods of rest or lower-intensity running – improves speed, endurance, and efficiency. The specific intervals will vary depending on your fitness level and goals.

Endurance Runs: Longer, slower runs build your aerobic base and increase your stamina.

Cross-Training: Activities like swimming, cycling, or strength training improve overall fitness and prevent overuse injuries.

Cool-down: Static stretches after your run help improve flexibility and reduce muscle soreness.

Rest and Recovery: Adequate rest is crucial for muscle repair and growth. Overtraining can lead to injury and hinder progress. Incorporating rest days into your 1.5 mile run training plan is non-negotiable.

Strength Training: Building strength, particularly in your core and lower body, enhances running performance and stability, reducing the risk of injury.

4. Sample 1.5 Mile Run Training Plans (Beginner, Intermediate)

Beginner (8-week plan):

This plan assumes you can currently run for at least 15 minutes continuously.

Week 1-2: 3 runs per week, 20 minutes each, focusing on maintaining a comfortable pace.

Week 3-4: 3 runs per week, 25 minutes each, incorporating 4 x 400m intervals at a faster pace with equal rest periods.

Week 5-6: 3 runs per week, 30 minutes each, incorporating 6 x 400m intervals with equal rest periods.

Week 7-8: 2 runs per week, 35 minutes each, incorporating 8 x 400m intervals with equal rest periods, one run focused on a sustained effort at a comfortably hard pace for the full 35 minutes. Include one rest day per week.

Intermediate (6-week plan):

This plan assumes you can currently run a 1.5-mile run comfortably. The goal is to improve your time.

Week 1-2: 4 runs per week; 2 easy runs (30-40 min), 1 interval session (8 x 400m at goal pace, equal rest), 1 tempo run (20-30 minutes at comfortably hard pace).

Week 3-4: 4 runs per week; 2 easy runs (40-50 min), 1 interval session (10 x 400m at goal pace, equal rest), 1 tempo run (30-40 minutes at comfortably hard pace).

Week 5-6: 3 runs per week; 1 easy run (50-60 min), 1 interval session (12 x 400m at goal pace, equal rest), 1 long tempo run (40 minutes at comfortably hard pace), incorporating 1-2 cross training days per week.

Note: These are sample plans. Adjust the duration and intensity based on your individual fitness level and progress. Listen to your body and don't hesitate to take rest days when needed.

5. Nutrition and Hydration for Optimal Performance in your 1.5 Mile Run Training Plan

Proper nutrition and hydration are essential for successful training. Consume a balanced diet rich in carbohydrates for energy, proteins for muscle repair, and healthy fats. Stay hydrated by drinking plenty of water throughout the day, especially before, during, and after your runs.

6. Injury Prevention in your 1.5 Mile Run Training Plan

Injury prevention is paramount. This includes proper warm-up and cool-down routines, gradual progression of training intensity, appropriate footwear, and listening to your body. Don't push through pain. Rest and recover adequately.

7. Mental Preparation for your 1.5 Mile Run

Mental toughness is crucial for running success. Visualization techniques, positive self-talk, and setting realistic goals can significantly enhance your performance and motivation. Believe in your ability to achieve your goals!

8. Tracking Your Progress and Making Adjustments to your 1.5 Mile Run Training Plan

Regularly track your progress by monitoring your run times, distance, and perceived exertion. This data helps you assess your progress and make necessary adjustments to your 1.5 mile run training plan. Don't be afraid to modify your plan based on your individual needs and responses.

Conclusion

A well-structured 1.5 mile run training plan is a powerful tool for achieving your running goals safely and effectively. By following the principles outlined in this guide, considering your individual needs, and consistently applying effort, you can successfully complete your 1.5-mile run and potentially improve your time. Remember, consistency and patience are key to success.

FAQs

1. How long should I train before a 1.5-mile run? The training duration depends on your current fitness level. Beginners may need 8-12 weeks, while intermediate runners might need 6-8 weeks.
2. What if I can't run continuously for 15 minutes? Start with walk-run intervals, gradually increasing the running time and decreasing the walking time.
3. What type of shoes should I wear? Choose running shoes that provide good support and cushioning, ideally from a reputable running store where you can get fitted.
4. How often should I rest? Include at least one rest day per week, or more if needed.
5. What should I eat before and after a run? Consume carbohydrates for energy before your run and replenish your glycogen stores with carbohydrates and protein afterward.
6. What if I experience pain during training? Stop immediately and consult a healthcare professional.
7. Can I modify the sample plans? Yes, adjust the duration and intensity based on your individual fitness level and progress.
8. How can I stay motivated? Set realistic goals, track your progress, reward yourself for milestones, and consider running with a friend.
9. Is a 1.5 mile run training plan suitable for everyone? While generally suitable, individuals with pre-existing medical conditions should consult their doctor before starting any new exercise program.

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15 mile run training plan: Daniels' Running Formula Jack Daniels, 2014 Recommended by Runner's World magazine as the best training book by the world's greatest coach, Daniels' Running Formula provides an expert training and racing blueprint for dedicated runners of all abilities.

15 mile run training plan: The Happy Runner Roche, David, Roche, Megan, 2018-11-15 Is your daily run starting to drag you down? Has running become a chore rather than the delight it once was? Then The Happy Runner is the answer for you. Authors David and Megan Roche believe that you can't reach your running potential without consistency and joyful daily adventures that lead to long-term health and happiness. Guided by their personal experiences and coaching expertise, they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best.

15 mile run training plan: The Run Walk Run Method Jeff Galloway, 2016-08-16 Jeff's quest for the injury-free marathon training program led him to develop group training programs in 1978, and to author Runner's World articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUNTM, low mileage, three-day suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

15 mile run training plan: Run to the Finish Amanda Brooks, 2020-03-03 Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an average runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves middle of the pack runners -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as Favorite hilarious marathon signs and Weird Thoughts We all Have at the Start Line, Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

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15 mile run training plan: *Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-Mile Race* Krissy Moehl, 2022-03-08 ***Updated and expanded new edition*** An Updated, Interactive Guide to Take Your Running to the Next Level With 20 years of running and competing around the world under her belt, Krissy Moehl is a top female ultramarathon runner, respected by her peers and an inspiration to runners everywhere. With enhanced chapter information, quotes from pillars in the sport and her updated training plans—including write-in running logs to keep track of progress—you'll be able to train for your first ultra like a pro. Moehl's experience translates into the most effective and easy-to-follow training method, broken down into phases to help all runners take it to the next level and accomplish their goals. She will guide you on everything from choosing the right race for you to injury prevention and picking the right gear. She also shares her love of the sport by providing helpful tips, bonus content and personal stories. With this book, you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon!

15 mile run training plan: Master the Marathon Ali Nolan, 2022-01-06 'A must-have for any woman targeting the distance' Runner's World Master the Marathon is a comprehensive guide to marathon training for women at all levels of running - beginner, intermediate and advanced. Packed with tips from the foremost female experts and coaches in running, Master the Marathon takes you through everything you need to know to be prepared for the 26.2 miles of the marathon, including: · Detailed training plans and strength training programs · How to build mental awareness of your body · Optimum nutrition and diet · Identifying and avoiding potential injuries · Guidance on finding the best marathon for you Both incredibly practical and deeply motivating, and including a foreword by Olympic long-distance runner Desiree Linden, Master the Marathon will help you unlock the strength and determination inside you to embark on the spectacular journey that is the marathon.

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marathon adventure and you'll set yourself up for success.

15 mile run training plan: *The Little Red Book of Running* Scott Douglas, 2011-06-29 running.

15 mile run training plan: *No Meat Athlete* Matt Frazier, Matt Ruscigno, 2013-10 Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, *No Meat Athlete* is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: Weight loss, which often leads to increased speed; Easier digestion and faster recovery after workouts; Improved energy levels to help with not just athletic performance but your day-to-day life; Reduced impact on the planet. Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. *No Meat Athlete* will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way--

15 mile run training plan: *Easy Interval Method* Klaas Lok, 2019-07-20 Unique training method with proven results for novice, recreational, competitive, elite and world class runners.

15 mile run training plan: *Simple Marathon Training* Jay Johnson, 2016-11-01 Book Description Do you dream of running a great marathon, but your busy life and obligations make the training commitments difficult? Do you suffer from injuries that put you on the sidelines when you desire to race? The 20-week Simple Marathon Training system can prepare you for marathon success. With a modern outlook on training schedules, innovative exercises for injury prevention and maximizing time spent training, the Simple Marathon Training system prepares you to toe the line with the confidence to run your best marathon. The Simple Marathon Training system has improved marathon times and the overall experience for many busy adult runners with hectic lives. This system works. It will for you, too. Included in Simple Marathon Training is a day-by-day schedule which includes running assignments as well as the crucial element missing from most training plans: core strength, hip strength and hip mobility exercises. You don't have to look at a sequence of photos in the book to learn these routines, rather, you will be able to watch all these strength and mobility videos online, for free. The incorporation of training videos into a sound marathon training program makes Simple Marathon a one of a kind system; a book that will help any committed athlete run a great marathon. The Geek Out section at the back of the book is another unique aspect of Simple Marathon Training. The Geek Outs are written by world-renowned physiologists and professional marathoners as well as Coach Jay's clients who have been using the system for several years to run PRs. You'll learn why it's best to do your hardest strength and mobility work on the same day as your workouts and long runs. You'll learn the correct method for fueling during a marathon. Information on imagery leading up to the race and mental skills to use during race day are just some of the topics in the Geek Out section. The bottom line is, if you're a busy adult with a hectic life, Simple Marathon Training is the right training book for you. Jay's training system works beautifully for runners who aim for excellence in every area of their lives-athletically, personally and professionally. He understands that we're busy but still want to run our best; he's helped me do just that. Cindy Kuzma, Freelance health and fitness writer and contributing editor to Runner's World Magazine

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15 mile run training plan: *Marathoning for Mortals* John Bingham, Jenny Hadfield, 2003-05-02 Once considered a feat for superhuman athletes, the marathon is now within every mortal's grasp. Former couch potato John Bingham has joined forces with coach Jenny Hadfield to create a winning plan that works for every mortal—even you. In *Marathoning for Mortals*, you'll find the courage to train, the willpower to persevere, and the tenacity to finish one mile after another. John and Jenny stick with you every step of the way, from your first insecure thoughts to your last-minute jitters to your supreme joy at the finish line. In *Marathoning for Mortals*, you'll find: • 8 training programs to run, run-walk, walk-run, or walk the half-marathon and marathon • The advice you need to physically, mentally, and spiritually reach your dreams • Tips to help you customize your training, buy the right shoes and apparel, and eat the best foods • Guidance for common motivational, physical, and emotional roadblocks Join John and Jenny on an amazing transformative journey where the finish line is just the beginning.

15 mile run training plan: *Run Your Butt Off!* Leslie Bonci, Sarah Butler, Budd Coates, 2011-03-15 Shed unwanted pounds and keep them off ONCE AND FOR ALL with *Run Your Butt Off!*, a back-to-basics, test panel-approved weight-loss plan and beginners' running program that yields sustainable, healthy results. The *Run Your Butt Off!* program is founded on the simple concept that in order to lose weight, calories burned must exceed calories consumed. No gimmicks, no shortcuts, no silver bullets can circumvent that reality. With this program, you'll learn to burn fat from both sides of the weight-loss equation—the calories in and the calories out—at the same time. *Run Your Butt Off!* will make you fitter, stronger, and leaner.

15 mile run training plan: *The Perfect Mile* Neal Bascomb, 2004 Publisher Description

15 mile run training plan: *Runner's World Run Less, Run Faster* Bill Pierce, Scott Murr, Ray Moss, Editors of Runner's World Maga, 2012-04-10 The Furman Institute of Running and Scientific Training (known as FIRST) is dedicated to make running more accessible and limit overtraining and burnout while producing faster race times. FIRST is one of the foremost experts in the world on the science of running; its authority is unmatched and the promise of training less and accomplishing more has made the first two editions of Run Less, Run Faster a solid and steady seller. With 50 percent updated content, this new edition of Runner's World Run Less, Run Faster by Bill Pierce, Scott Murr, and Ray Moss continues to promise the same tantalizing results: Readers can get stronger, faster, and better by training less. It will also include more sections for novice runners, broadening the audience appeal, as well as training plans tailored to the new qualifying times for the Boston Marathon. The quality-over-quantity approach optimizes training time and yields better performance—results runners will love no matter what distance they are racing.

15 mile run training plan: *RUN* Fitzgerald Matt, 2010-05-24 Most serious runners don't realize their potential. They simply stop getting faster and don't understand why. The reason is simple: most runners are unable to run by feel. The best elite runners have learned that the key to faster running is to hear what their bodies are telling them. Drawing on new research on endurance sports, best-selling author Matt Fitzgerald explores the practices of elite runners to explain why their techniques can be effective for all runners. *RUN: The Mind-Body Method of Running by Feel* will help runners reach their full potential by teaching them how to train in the most personalized and adaptable way. Fitzgerald's mind-body method will revolutionize how runners think about training, their personal limits, and their potential. *RUN* explains how to interpret emotional and physical messages like confidence, enjoyment, fatigue, suffering, and aches and pains. *RUN* guides readers toward the optimal balance of intensity and enjoyment, volume and recovery, repetition and variation. As the miles add up, runners will become increasingly confident that they are doing the right training on the right day, from one season to the next. *RUN* marks the start of a better way to train. The culmination of science and personal experience, the mind-body method of running by feel will lead runners to faster, more enjoyable training and racing.

15 mile run training plan: *The Art of Running Faster* Julian Goater, Don Melvin, 2012-03-09 Any runner can tell you that the sport isn't just about churning out miles day in and day out. Runners have a passion, dedication, and desire to go faster, longer, and farther. Now, *The Art of Running Faster* provides you with a new approach to running, achieving your goals and setting your personal best. Whether you're old or young, new to the sport or an experienced marathoner, this guide will change how you run and the results you achieve. *The Art of Running Faster* challenges the stereotypes, removes the doubts and erases the self-imposed limitations by prescribing not only what to do but also how to do it. Inside, you will learn how to •overcome the obstacles that prevent you from running faster, more comfortably, and with greater focus; •rethink conventional training methods, listen to your body, and challenge traditional running 'norms'; •customize your training program to emphasize the development of speed, strength, and stamina; •shift gears, reach that next level of performance, and blow past the competition. In this one-of-a-kind guide, former world-class runner Julian Goater shares his experiences, insights and advice for better, more efficient and faster running. Much more than training tips and motivational stories, *The Art of Running Faster* is your guide to improved technique and optimal performance. Let Julian Goater show you a new way to run faster, farther and longer.

15 mile run training plan: *The Cool Impossible* Eric Orton, 2014-05-06 Featured in the book *Born to Run*, running coach Eric Orton offers a guide for every runner... Natural running is more than barefoot running. It's about the joy of running that we were all born with and can reawaken. With a program focused on proper form, strength development, and cardiovascular training, Orton will help beginners, competitors, and enduring veterans reach "the cool impossible"—the belief that any achievement, athletic or otherwise, is within our reach. Inside you'll find: * Foot strength exercises for runners to catapult performance, combat injuries, and transform technique * A

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15 mile run training plan: Running Past 50 Caolan MacMahon, 2024-10-28 As you move past the age of 50, the physiological demands of running require adjustments in training intensity, recovery, goal setting, and mental outlook. *Running Past 50* is your guide to addressing those demands so you can continue to enjoy, compete, and excel in the sport you love. Accomplished runner and coach Caolan MacMahon shares practical advice and her personal stories to guide and inspire you to set realistic yet challenging goals; adapt to the body's changing realities, including the female-specific changes brought on by menopause; identify the building blocks of successful training; establish and maintain an aerobic base; maximize training while minimizing injury; and incorporate rest and recovery more effectively into workouts or training cycles. Additionally, you will find 10-week training programs for beginner, intermediate, and advanced runners aiming to conquer a 5K or 10K; a half-marathon program for novice and intermediate runners; and 18-week training programs for marathon beginners, intermediate and advanced marathoners, and ultramarathoners. Both inspirational and practical, *Running Past 50* will help you achieve your goals by making the necessary shifts in thinking and training that lead to personal bests, fewer injuries, and a lifetime of running.

15 mile run training plan: Inside a Marathon Ben Rosario, Scott Fauble, 2020-06-22 *Inside a Marathon* gives readers an all-access pass into the mind of a coach and an athlete as they work together to prepare for one of the world's most prestigious races, the New York City Marathon. Follow along from two different perspectives as Scott Fauble and Ben Rosario share all of the highs and lows over the course of the 18 weeks leading into NYC. Fauble and Rosario take an unprecedented dive into what exactly goes into professional marathon training, and they tell a compelling story along the way. With 50+ black and white photographs this edition also includes a chapter on the 2019 Boston Marathon where Fauble ran 2:09:09 and finished in seventh place.

15 mile run training plan: Run Arthur Lydiard, Garth Gilmour, 1978

15 mile run training plan: Diet Cults Matt Fitzgerald, 2014-05-15 From "The Four Hour Body," to "Atkins," there are diet cults to match seemingly any mood and personality type. Everywhere we turn, someone is preaching the "One True Way" to eat for maximum health. Paleo Diet advocates tell us that all foods less than 12,000 years old are the enemy. Low-carb gurus demonize carbs, then there are the low-fat prophets. But they agree on one thing: there is only one true way to eat for maximum health. The first clue that that is a fallacy is the sheer variety of diets advocated. Indeed, while all of these competing views claim to be backed by "science," a good look at actual nutritional science itself suggests that it is impossible to identify a single best way to eat. Fitzgerald advocates an agnostic, rational approach to eating habits, based on one's own habits, life-style, and genetics/body type. Many professional athletes already practice this "Good Enough" diet, and now we can too and ditch the brainwashing of these diet cults for good.

15 mile run training plan: New Mexico Bouldering Owen Summerscales, 2016-03-10 The Land of Enchantment is known for its scenic natural beauty and plentiful rock climbing, with its rich geology and excellent climate. This book is the first guide to bouldering in the state and compiles over 1000 problems in central and northern NM, with 40 maps and 240 topographic photos. Areas covered include: Socorro Box Canyon, Albuquerque Sandia Mountains, Ponderosa, the Ortigas and Roy.

15 mile run training plan: Training Essentials for Ultrarunning Jason Koop, 2016-05-01 When elite ultrarunners have a need for speed, they turn to coach Jason Koop. Now the sport's leading coach makes his highly effective ultramarathon training methods available to ultrarunners of

all abilities in his book *Training Essentials for Ultrarunning*. Ultramarathoners have traditionally piled on the miles or tried an approach that worked for a friend. Yet ultramarathons are not just longer marathons; simply running more will not prepare you for the race experience you want. Ultramarathon requires a new and specific approach to training. *Training Essentials for Ultrarunning* will revolutionize training for those who want to race an ultramarathon instead of just gutting it out to the finish line. Koop's race-proven ultramarathon program is based on sound science, the most current research, and years of experience coaching the sport's star runners to podium performances. Packed with practical advice and vetted training methods, *Training Essentials for Ultrarunning* is the new, must-have resource for first-timers and ultramarathon veterans. Runners using *Training Essentials for Ultrarunning* will gain much more than Koop's training approach:

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- How to plan your ultra season for better racing.
- Course-by-course coaching guides to iconic U.S. ultramarathons including American River 50, Badwater 135, Hardrock 100, Javelina 100, JFK 50, Lake Sonoma 50, Leadville 100, Vermont 100, Wasatch 100, and Western States 100.
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A revolution is coming to ultrarunning as ultramarathoners shed old habits and embrace the smarter methods that science and experience show are better. Featuring stories and advice from ultrarunning stars Dakota Jones, Kaci Lickteig, Dylan Bowman, Timothy Olson, and others who work with Koop, *Training Essentials for Ultrarunning* is the go-to guide for first-time ultrarunners and competitive ultramarathoners.

15 mile run training plan: Run Strong Kevin M. Beck, 2005-04-01 Run faster and longer with less effort than ever before! Putting in the miles is only one part of the training equation. You can become a much stronger overall runner by improving leg turnover, efficiency, body alignment, muscle balance, and running-specific muscle strength, and by finding your most effective range of motion. Expert coaches and runners show you how to assess what you need and implement these training methods into your current program. And if you're returning from injury, you can bounce back stronger and faster than ever before. Make your base miles pay off by improving your efficiency and economy. With *Run Strong* you'll maximize your current fitness level and see results at the very next race!

15 mile run training plan: The Runner's Devotional Dana Niesluchowski, David R. Veerman, 2011 Ever wondered if there's a purpose to your running and what it has to do with your spiritual life? *The Runner's Devotional* will inspire you in your faith while encouraging you to excel at the sport you love! This book is for runners of all levels--casual and avid, competitive and recreational--who want to improve their running skills, attain personal running goals, and grow closer to God. Fifty-two devotional readings will keep runners motivated, inspired, and running in the right direction, both on and off the road, through life's many peaks and valleys. Each devotional includes an inspirational reading, a personal story from a runner, Scripture application, running tips, and questions to consider. Additional features include health and fitness tips, and weekly runner's logs.

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