

# 6 Week Speed Training Program

## **6 Week Speed Training Program: A Comprehensive Guide**

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**Publisher:** Peak Performance Athletics – Peak Performance Athletics is a leading publisher of fitness and athletic training resources, renowned for its evidence-based approach and commitment to athlete safety and optimal performance. Their expertise spans various athletic disciplines, including track and field, soccer, and basketball, where speed is a critical component.

**Editor:** Mark Johnson, Certified Athletic Trainer – Mark Johnson is a certified athletic trainer with 20 years of experience in injury prevention and rehabilitation. He ensures the accuracy and safety of all training programs published by Peak Performance Athletics.

**Summary:** This 6-week speed training program provides a structured plan to improve your speed and agility. It details best practices including warm-up routines, drills, and cool-down strategies, while highlighting common pitfalls to avoid injuries. The program is designed to be adaptable to various fitness levels, but emphasizes progressive overload for optimal results.

### **Introduction: Unlocking Your Speed Potential with a 6 Week Speed Training Program**

Are you looking to significantly improve your speed and agility in just six weeks? This comprehensive 6-week speed training program offers a structured approach to help you achieve your goals. Whether you're a seasoned athlete aiming for a personal best or a beginner looking to improve your overall fitness, this program provides the tools and knowledge you need to succeed. We'll explore effective training techniques, crucial considerations for injury prevention, and a sample program to follow.

### **H1: Understanding the Fundamentals of Speed Training**

Before diving into the 6-week speed training program, it's crucial to understand the key components that contribute to speed. Speed isn't just about running fast; it's a complex interplay of several factors:

**Strength:** Developing powerful leg muscles is essential for generating the force needed for acceleration and top speed.

**Flexibility and Mobility:** Restricted mobility can hinder your stride length and overall speed. Adequate flexibility is crucial for injury prevention.

**Technique:** Proper running form, including foot strike, posture, and arm swing, significantly impacts your efficiency and speed.

**Power:** The ability to generate force quickly is critical for acceleration. Plyometrics and weight training play key roles here.

## H2: Designing Your 6 Week Speed Training Program: A Sample Plan

This program is structured around three key areas: Strength training, plyometrics, and speed drills. Remember to consult with a healthcare professional before starting any new exercise program.

### Week 1-2: Foundation Phase

Focus: Building a base level of strength and mobility.

Strength Training: Bodyweight exercises (squats, lunges, push-ups), light weight training focusing on compound movements.

Plyometrics: Basic drills like jump squats, box jumps (low height), and lateral bounds.

Speed Drills: Short sprints with adequate rest periods.

### Week 3-4: Strength & Power Phase

Focus: Increasing power output and strengthening fast-twitch muscle fibers.

Strength Training: Increase weight and resistance in strength training exercises. Incorporate Olympic lifts (if experienced).

Plyometrics: More advanced plyometric drills, including depth jumps, single-leg hops, and bounding.

Speed Drills: Increased sprint distances and reduced rest periods.

### Week 5-6: Speed & Agility Phase

Focus: Improving speed and agility through specific drills and race simulations.

Strength Training: Maintain strength levels, focusing on recovery and preventing overtraining.

Plyometrics: Focus on reactive plyometrics and agility ladder drills.

Speed Drills: High-intensity interval training (HIIT) sprints, including acceleration drills and changes of direction.

## H3: Best Practices for a Successful 6 Week Speed Training Program

Proper Warm-up: Always start with a dynamic warm-up including exercises like high knees, butt kicks, and arm circles.

Progressive Overload: Gradually increase the intensity and volume of your training over the six weeks.

Adequate Rest and Recovery: Allow your body sufficient time to recover between workouts. Get enough sleep and nutrition.

Listen to Your Body: Pay attention to any pain or discomfort and adjust your training accordingly.

Proper Nutrition and Hydration: Fuel your body with a balanced diet and stay well-hydrated.

## H4: Common Pitfalls to Avoid in Your 6 Week Speed Training Program

Overtraining: Pushing yourself too hard too soon can lead to injuries and burnout.

Ignoring Proper Form: Incorrect form can lead to injuries and hinder progress.

Neglecting Warm-up and Cool-down: These are crucial for injury prevention and recovery.

Lack of Consistency: Regular training is essential for seeing results.

Insufficient Rest: Rest is just as important as training.

## H5: Adapting the 6 Week Speed Training Program to Your Fitness Level

This program is adaptable to various fitness levels. Beginners should start with lower intensity and gradually increase the difficulty. Experienced athletes can increase the intensity and volume to maximize their gains. Always prioritize proper form over speed or intensity.

### Conclusion:

A well-structured 6-week speed training program, like the one outlined above, can significantly improve your speed and agility. Remember to focus on proper form, progressive overload, adequate rest, and listen to your body. Consistency and dedication are key to achieving your goals. By following these guidelines and staying committed, you can unlock your full speed potential and enjoy the benefits of improved fitness and performance.

### FAQs

1. How many days a week should I train? 3-4 days a week is ideal, with rest days in between.
2. What should I eat before and after my workouts? Consume a carbohydrate-rich meal 1-2 hours before your workout and a protein-rich meal after.
3. What if I experience pain during training? Stop immediately and consult a healthcare professional.
4. Can I adapt this program for a specific sport? Yes, you can adjust the drills and exercises to better suit your sport's demands.
5. How can I track my progress? Track your sprint times, jump distances, and overall fitness levels.
6. Is this program suitable for all ages and fitness levels? Consult your doctor before starting any new fitness program, especially if you have pre-existing conditions.
7. What are the best stretches for speed training? Dynamic stretches like leg swings, arm circles, and torso twists are beneficial.
8. How important is rest and recovery in this program? Crucial. Allow your body time to repair and rebuild muscle tissue.
9. What are some common mistakes people make with speed training? Overtraining, poor form, neglecting warm-up and cool-down, and inconsistent training.

### Related Articles:

1. Plyometrics for Speed Enhancement: A deep dive into plyometric exercises and their benefits for speed development.
2. Strength Training for Speed: A detailed guide on incorporating strength training into a speed training program.
3. Speed Drills for Sprinters: Specific speed drills designed to improve sprinting technique and speed.
4. Agility Training for Speed and Coordination: Focuses on improving agility and coordination for enhanced speed performance.
5. Warm-up Routines for Speed Training: Comprehensive guide to effective dynamic warm-up routines before speed training.
6. Cool-down Techniques for Speed Training: Essential strategies for proper cool-down and muscle recovery.
7. Nutrition for Speed and Power: Guide on optimizing nutrition for maximum speed and power gains.

8. Injury Prevention in Speed Training: Tips and strategies to minimize the risk of injuries during speed training.
9. Advanced Speed Training Techniques: Explore more advanced techniques for experienced athletes seeking to push their limits.

## **6-Week Speed Training Program: Unleashing Your Athletic Potential and Industry Impact**

By Dr. Anya Sharma, PhD, Exercise Physiology & Sports Science

Dr. Anya Sharma is a leading expert in sports science and exercise physiology with over 15 years of experience working with elite athletes and corporate wellness programs. She holds a PhD from Stanford University and has published numerous peer-reviewed articles on the science of speed and agility training.

Published by Apex Performance Publishing

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Edited by Michael Davis, CSCS, Certified Strength and Conditioning Specialist

Michael Davis is a certified strength and conditioning specialist with over 10 years of experience in designing and implementing high-performance training programs. His expertise lies in optimizing athletic performance through evidence-based methodologies.

### **Introduction:**

The demand for peak performance across various industries is constantly increasing. Whether you're an athlete striving for a personal best, a corporate executive aiming to improve efficiency, or a factory worker focused on optimizing productivity, speed and agility play a crucial role. This article delves into a comprehensive 6-week speed training program, outlining its benefits, implementation, and significant implications for various sectors. We'll explore how this intensive program can not only improve athletic performance but also enhance productivity and efficiency in diverse professional fields.

### **Understanding the 6-Week Speed Training Program:**

This 6-week speed training program is designed to progressively overload the neuromuscular system, leading to significant gains in speed, agility, and power. It incorporates a blend of plyometrics, sprint training, and strength conditioning exercises tailored to maximize results while minimizing the risk of injury. The program's structure is crucial; it avoids overtraining by incorporating adequate rest and recovery periods. The 6-week timeframe is strategically chosen to

achieve noticeable improvements without pushing the body beyond its adaptive capacity.

#### Phase 1: Foundation (Weeks 1-2):

This phase focuses on building a solid base of strength and conditioning. Exercises include:

Strength Training: Squats, deadlifts, lunges, and core work to establish a foundation of power.

Plyometrics: Box jumps, jump squats, and lateral bounds to develop explosive power.

Sprint Mechanics: Drills focusing on proper running form, including arm drive, stride length, and foot placement.

#### Phase 2: Speed Development (Weeks 3-4):

This phase intensifies the training load, focusing on improving speed and acceleration. Exercises include:

Sprint Training: Short sprints (20-40 meters) with progressively shorter rest periods.

Agility Drills: Cone drills, shuttle runs, and lateral movements to enhance quickness and change of direction.

Plyometric Variations: Advanced plyometric exercises, such as depth jumps and single-leg hops.

#### Phase 3: Power & Endurance (Weeks 5-6):

This final phase focuses on building power and sustaining speed over longer distances. Exercises include:

Interval Training: High-intensity interval training (HIIT) incorporating sprints and active recovery periods.

Tempo Runs: Sustained runs at a moderate pace to enhance aerobic capacity.

Strength Maintenance: Continued strength training to maintain muscle mass and power.

#### Industry Implications of the 6-Week Speed Training Program:

The benefits of this program extend far beyond athletics. The improved speed, agility, and power translate into tangible advantages across various industries:

Sports: Obvious benefits for athletes across various disciplines, leading to improved performance and competitive edge.

Military & Law Enforcement: Enhanced reaction time, agility, and physical fitness crucial for operational effectiveness.

Manufacturing & Logistics: Increased efficiency and productivity through faster movement and task completion.

Healthcare: Improved mobility and physical function for healthcare professionals, reducing injury risk and enhancing patient care.

Corporate Wellness: Increased employee fitness, productivity, and reduced healthcare costs.

#### Implementing the 6-Week Speed Training Program:

Proper implementation is key. Individuals should consult with a qualified fitness professional to

assess their current fitness level and tailor the program to their specific needs and goals. A gradual progression, proper warm-up and cool-down routines, and adequate rest and recovery are essential to maximize results and minimize injury risk.

#### Monitoring Progress and Adjustments:

Regular monitoring of progress through performance tracking and subjective feedback is vital. This includes measuring sprint times, agility drill performance, and overall fitness levels. Adjustments to the program may be necessary based on individual progress and response to training.

#### Conclusion:

The 6-week speed training program offers a powerful approach to improving speed, agility, and power. Its implications extend far beyond the realm of athletics, impacting productivity and efficiency across diverse industries. By incorporating evidence-based methodologies and prioritizing proper implementation, individuals and organizations can reap the significant benefits of this transformative program. Remember to consult with qualified professionals to ensure safe and effective implementation.

#### FAQs:

1. Is this program suitable for beginners? The program can be adapted for beginners; however, modifications may be necessary. Consulting a fitness professional is crucial.
2. How many days a week should I train? The program ideally involves 3-4 training sessions per week.
3. What kind of equipment is needed? Minimal equipment is required, but access to a track or open space is beneficial.
4. What if I experience pain during the program? Stop immediately and consult a healthcare professional.
5. Can I modify the program to suit my specific sport? Yes, modifications are possible, but professional guidance is recommended.
6. How important is proper nutrition during this program? Nutrition plays a vital role; consult a registered dietitian for personalized guidance.
7. What is the expected level of improvement? Results vary; however, significant gains in speed and agility are expected with proper adherence.
8. What is the role of rest and recovery in this program? Adequate rest and recovery are critical to prevent overtraining and maximize results.
9. Is this program suitable for older adults? With appropriate modifications and physician approval, it can be adapted for older adults.

#### Related Articles:

1. "Plyometrics for Speed Enhancement: A Comprehensive Guide": Explores various plyometric exercises and their impact on speed development.
2. "Sprint Technique Mastery: Optimizing Your Running Form": Focuses on proper sprint mechanics and biomechanics for optimal speed.

3. "The Science of Speed: Understanding the Physiological Factors": Delves into the physiological mechanisms underlying speed and performance.
4. "Avoiding Common Speed Training Injuries: Prevention and Recovery Strategies": Provides guidelines on preventing and managing injuries associated with speed training.
5. "Designing a Personalized Speed Training Program: Tailoring to Individual Needs": Offers guidance on creating a customized speed training plan.
6. "Integrating Strength Training into Speed Development: A Synergistic Approach": Explores the benefits of combining strength training with speed training.
7. "Nutrition for Speed and Power: Fueling Your Performance": Covers the nutritional aspects of supporting speed training.
8. "Monitoring Progress in Speed Training: Effective Tracking Methods": Discusses various methods of tracking progress and assessing improvements.
9. "The Mental Game of Speed: Developing Focus and Confidence": Explores the psychological factors contributing to speed performance.

**6 week speed training program:** *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.

**6 week speed training program:** *Hal Higdon's Half Marathon Training* Higdon, Hal, 2016-03-01 Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

**6 week speed training program:** *Runner's World Run Less Run Faster* Bill Pierce, Scott Murr, 2021-01-19 Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the Wall Street Journal and featured twice in six months in cover stories in *Runner's World* magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the 3 plus 2 program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed -2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, *Runner's World* executive editor and Boston Marathon winner, calls the FIRST training program the most detailed, well-organized, and scientific training program for runners that I have ever seen.

**6 week speed training program:** *Advanced Marathon* Pete Pfitzinger, Scott Douglas, 2008-12-19 Shave minutes off your time using the latest in science-based training for serious runners. *Advanced Marathon* has all the information you need to train smarter, remain injury free, and arrive on the start line ready to run the marathon of your life. Including marathon-pace runs and tempo runs, *Advanced Marathon* provides only the most effective methods of training. You'll learn how to complement your running workouts with strength, core, flexibility, and form training; implement cutting-edge nutrition and hydration strategies and recovery techniques; and taper properly to reach peak performance. With easy-to-understand day-by-day training schedules for 18- and 12-week preparation for weekly distances of 55, 55 to 70, 70 to 85, and 85-plus miles,

Advanced Marathonning is simply the most comprehensive and efficient approach to marathonning. If you're ready to achieve your personal best, this book is for you.

**6 week speed training program:** *Faster Road Racing* Pete Pfitzinger, Philip Latter, 2014-11-24 Renowned running authority, coach, and best-selling author Pete Pfitzinger teams with Philip Latter, senior writer for Running Times, in this must-have training guide for the most popular race distances, including the 5K, 10K, and half marathon. *Faster Road Racing: 5K to Half Marathon* presents easy-to-follow programs proven to give you an edge in your next race. You'll discover detailed plans for race-specific distances as well as expert advice on balancing training and recovery, cross-training, nutrition, tapering, and training over age 40. And for serious runners who compete in numerous races throughout the year, Pfitzinger's multi-race, multi-distance training plans are invaluable. *Faster Road Racing* is your all-inclusive resource on running your fastest at distances of 5K, 8K to 10K, 15K to 10 miles, and the half marathon.

**6 week speed training program:** *Run Fast* Hal Higdon, 1992 Hal Higdon shows runners of every calibre how to train and run short, popular 5, 8 and 10 kilometre races faster with added information on how to recuperate and stay focused when the going gets rough.

**6 week speed training program:** *Triphasic Training* Cal Dietz, Ben Peterson, 2012-06 What is Triphasic Training? It is the pinnacle of sports performance training. Created by world renown coach, Cal Dietz, Triphasic Training breaks down dynamic, athletic movements into their three components (eccentric, isometric, and concentric), and maximizes performance gains by applying stress to the athlete in a way that allows for the continuous development of strength, speed, and power. Who uses Triphasic Training: Everyone! From elite level athletes to absolute beginners, the triphasic method of training allows for maximal performance gains in minimal time. For that reason professional athletes from all backgrounds seek out Coach Dietz each off-season to train with his triphasic system. Coach Dietz has worked with hundreds of athletes from the NFL, NHL, and MLB, as well as several dozen Olympic athletes in track and field, swimming, and hockey. What the book is about: Triphasic Training was originally a digital book with over 3,000 hyperlinks and 6 hours of video lectures, showing the reader exactly how to perform every exercise and apply the training methods. To ensure that you do not miss out on this valuable component, inside your book you will find a web link to a downloadable PDF that contains all of the hyperlinks and videos from the original digital book. The PDF is laid out to allow you to easily follow along as you read the book. Simply scroll in the PDF to the page that you are reading in the book and it will have every hyperlink and video that is on that page. The book contains over 350 pages, divided clearly into 2 parts: the "why" and the "what". The first three sections go through the physiological basis for the Triphasic method, undulated block periodization, and general biological applications of stress. The authors will explain how to incorporate the Triphasic methods into existing programs, with complete descriptions on adapting it to virtually any scenario. Sections 4 through 7 are devoted entirely to programming, with over 3,000 exercises and 52 weeks of programs for numerous different sports. Included in the programming section are: Over 3,000 exercises, each hyperlinked to a video tutorial that shows you exactly how to perform the exercise. 5 separate 24-week training programs built for either 6 day, 5 day, 4 day, 3 day, or 2 day models. Over 6 hours of video lectures by Coach Dietz further explaining the Triphasic Training method. These lectures go even deeper into the physiology and application of what he does with his elite athletes. Over two dozen tables showing exactly when and how to modify exercises to ensure continuous improvement in your athletes. Peaking programs for football lineman or skill players, baseball, swimming, volleyball, and hockey players (among others). A complete 52 week training program for football.

**6 week speed training program:** *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.

**6 week speed training program: Developing Speed** Nsca -National Strength & Conditioning Association, Ian Jeffreys, 2024-06-12 Developing Speed is the definitive resource for developing speed training programs to improve performance. Including speed training drills for 12 sports, and assessments for testing speed, this authoritative guide blends theory with best practice to provide all the tools needed for maximizing speed.

**6 week speed training program: The Science of Running** Steve Magness, 2014 Reviews of The Science of Running: The Science of Running sets the new standard for training theory and physiological data. Every veteran and beginner distance coach needs to have this on their book shelf.-Alan Webb American Record Holder-Mile 3:46.91 For anyone serious about running, The Science of Running offers the latest information and research for optimizing not only your understanding of training but also your performance. If you want to delve deeper into the world of running and training, this book is for you. You will never look at running the same.-Jackie Areson, 15th at the 2013 World Championships in the 5k. 15:12 5,000m best If you are looking for how to finish your first 5k, this book isn't for you. The Science of Running is written for those of us looking to maximize our performance, get as close to our limits as possible, and more than anything find out how good we can be, or how good our athletes can be. In The Science of Running, elite coach and exercise physiologist Steve Magness integrates the latest research with the training processes of the world's best runners, to deliver an in depth look at how to maximize your performance. It is a unique book that conquers both the scientific and practical points of running in two different sections. The first is aimed at identifying what limits running performance from a scientific standpoint. You will take a tour through the inside of the body, learning what causes fatigue, how we produce energy to run, and how the brain functions to hold you back from super-human performance. In section two, we turn to the practical application of this information and focus on the process of training to achieve your goals. You will learn how to develop training plans and to look at training in a completely different way. The Science of Running does not hold back information and is sure to challenge you to become a better athlete, coach, or exercise scientist in covering such topics as: · What is fatigue? The latest research on looking at fatigue from a brain centered view. · Why VO2max is the most overrated and misunderstood concept in both the lab and on the track · Why zone training leads to suboptimal performance. · How to properly individualize training for your own unique physiology. · How to look at the training process in a unique way in terms of stimulus and adaptation. · Full sample training programs from 800m to the marathon.

**6 week speed training program: Hansons Marathon Method** Humphrey Luke, 2012-11-27 In Hansons Marathon Method, the coaches of the Hansons-Brooks Distance Project reveal the methods they've used to turn their runners into race winners, national champions, and Olympians. Hansons Marathon Method offers a radical overhaul of marathon training that promises to turn any runner into a true marathoner and help experienced marathoners set new personal bests. Hansons Marathon Method does away with mega-long runs and high-mileage weekends--two outdated traditions that make most runners miserable. Instead, runners using the Hansons method will gradually build up to the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout the week. Running easy days mixed with precisely paced speed, strength, and tempo workouts, runners will steel their bodies and minds to run the hardest miles of the marathon. Both Beginner and Advanced training programs feature the unique Hansons 16-mile long run which, as part of the Hansons program, is ideal for preparing the body for the marathon. Humphrey explains how runners should set their goal race pace and shows how to customize the

Hansons method to their own needs, like adding extra racing, running more miles, and handling training interruptions. Detailed nutrition and hydration chapters help runners pinpoint their personal energy and hydration needs so they know precisely how much to eat and drink during workouts, race week, race day, and for recovery. The Hansons approach to pacing and nutrition means marathoners will never hit the wall. Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the nation. Using this innovative approach, runners will mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon.

**6 week speed training program: Science of Running** Chris Napier, 2020-02-04

Revolutionize your running techniques! Learn how to run better and faster, with more energy while avoiding injury. There is a science to running, and now you can learn about it too! Whether you are new to running, or have conquered a few marathons in your time, this runner's guide will show you how to train efficiently, find a suitable running regime, and master the art of running for life! Inside the pages of this running book, you'll find: - Explanations on the anatomy and physiology of the runner. - Easy-to-read descriptions of how running involves every system in the body. - A scientific breakdown of what happens under the skin at every stage of the running cycle. - Featuring anatomy of common injuries and exercise programs for both prevention and recovery. - 30 key exercises and how to perfect precision to optimize their benefits. - Bespoke training plans for runners at all levels. Expert-led insights backed by scientific research will show you how to start running, how to run faster, and how to improve your flexibility and gait for running efficiency and safety. Included in the Science of Running are exercises and training programs that target each muscle to ensure you become a stronger, better runner. The clear CGI images show annotations to muscle mechanics so you know you are taking the right steps and perfecting technique. Learn the science behind your body's energy systems, proper hydration and nutrition. From long-distance to marathon running, this sports book will completely transform your performance of injury-free running and help you to smash your goals one step at a time, proving the ideal running gift for the fitness fanatic in your life. At DK, we believe in the power of discovery. So why not dive deeper into our successful Science of series, where you can discover the research and scientific theories behind exercise and sport. Explore the anatomy of yoga to perfect your practice in Science of Yoga; or redefine your daily routine with Science of Living.

**6 week speed training program: Run Faster from the 5K to the Marathon** Brad Hudson, Matt Fitzgerald, 2008-07-29 Learn how to run faster, unlock your potential, and reach peak performance with training advice from a former Olympic trials marathoner and coach to Olympians like Dathan Ritzenhein. Hudson is the most innovative running coach to come along in a generation. Until now, only a handful of elite athletes have been able to benefit from his methods. Now Run Faster from the 5K to the Marathon shows all runners how to coach themselves as confidently and effectively as Brad coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First you will learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, Run Faster is the cutting-edge guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively—and avoid injury. And you'll soon be running faster than you ever thought possible!

**6 week speed training program: Kettlebell: A Simple Guide to Learn Kettlebell**

**Exercises (The Ultimate Kettlebell Workouts for a Shredded Body)** Bobbie Wright, 2022-01-13 The great thing about the kettlebell is that it allows you to perform resistance cardio. This means you are using cardiovascular training that increases your heart rate and helps you to burn fat. At the same time though, you are also lifting weight, which protects your muscle from breakdown and increases the challenge, thereby increasing the amount of calories burned and the amount of effort involved. What you will learn in this guide: · The benefits of kettlebells · How to purchase the right kettlebell · How to make your own kettlebell cheaply · The top kettlebell exercises that give you the best results · Learn the best workouts that provide high intensity that will make you a kettlebell

machine! Enter kettlebell training. In this book, you'll learn how it can help you get ripped and shredded and, more importantly, how to start with the right set of kettlebells, i.e., the right quality and weight. By the end of this short book, you'll be in a great position to start going for that ripped and shredded body you've always dreamed of using kettlebells. You have a great tool in your hands now. It's up to you if you'll use it to the hilt.

**6 week speed training program: The Motivation Myth** Jeff Haden, 2018-01-09 From Inc.com's most popular columnist, a counterintuitive--but highly practical--guide to finding and maintaining the motivation to achieve great things. It's comforting to imagine that superstars in their fields were just born better equipped than the rest of us. When a co-worker loses 20 pounds, or a friend runs a marathon while completing a huge project at work, we assume they have more grit, more willpower, more innate talent, and above all, more motivation to see their goals through. But that's not actually true, as popular Inc.com columnist Jeff Haden proves. Motivation as we know it is a myth. Motivation isn't the special sauce that we require at the beginning of any major change. In fact, motivation is a result of process, not a cause. Understanding this will change the way you approach any obstacle or big goal. Haden shows us how to reframe our thinking about the relationship of motivation to success. He meets us at our level--at the beginning of any big goal we have for our lives, a little anxious and unsure about our way forward, a little burned by self help books and strategies that have failed us in the past--and offers practical advice that anyone can use to stop stalling and start working on those dreams. Haden takes the mystery out of accomplishment, proving that success isn't about spiritual awakening or a lightning bolt of inspiration --as Tony Robbins and adherents of *The Secret* believe--but instead, about clear and repeatable processes. Using his own advice, Haden has consistently drawn 2 million readers a month to his posts, completed a 107-mile long mountain bike race, and lost 10 pounds in a month. Success isn't for the uniquely-qualified; it's possible for any person who understands the true nature of motivation. Jeff Haden can help you transcend average and make lasting positive change in your life.

**6 week speed training program: 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:

- The science behind ultramarathon performance.
- Common ultramarathon failure points and how to solve them.
- How to use interval training to focus workouts, make gains, reduce injuries, and race faster.
- Simple, effective fueling and hydration strategies.
- Koop's A.D.A.P.T. method for making the right decisions to solve a race-day crisis.
- 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.
- How to achieve your goal, whether it's finishing or winning.

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.

**6 week speed training program: SpeedRunner** Pete Magill, 2018-05-01 The speed you need to

outsprint the competition, juke your opponent on the field or court, set personal records, and achieve peak performance. In *SpeedRunner*, celebrated running coach Pete Magill reveals his 4-week training plan to make any athlete into a faster runner, no matter the sport, age, gender, experience, or goals. In every sport that includes running, the difference between the best and the rest is tenths of a second. From team sports like football, soccer, basketball, and baseball to individual sports like distance running, track, and triathlon, faster leg speed makes champions. By targeting the neuromuscular system and strengthening muscle and connective tissue, Magill's *SpeedRunner* program builds speed, strength, endurance, agility, coordination, balance, proprioception, and explosive power so athletes can excel. Developed over decades of experience coaching athletes of all ages from short sprints to the marathon, Magill's *SpeedRunner* program is your key to speed. Magill has led his club to two dozen US National Masters Championships in road running and cross country. As a 5-time USA Masters Cross Country Runner of the Year and multiple American and world age-group record holder himself, Magill is proof that his training methods are effective. Along with its core 4-week program, *SpeedRunner* offers speed only training, once-a-week speed work for distance runners, and single-day sessions focused on injury prevention and whole-body strength. *SpeedRunner* will make you faster, stronger, quicker—no matter your sport!

**6 week speed training program:** 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.

**6 week speed training program:** *Deep Learning for Coders with fastai and PyTorch* Jeremy Howard, Sylvain Gugger, 2020-06-29 Deep learning is often viewed as the exclusive domain of math PhDs and big tech companies. But as this hands-on guide demonstrates, programmers comfortable with Python can achieve impressive results in deep learning with little math background, small amounts of data, and minimal code. How? With *fastai*, the first library to provide a consistent interface to the most frequently used deep learning applications. Authors Jeremy Howard and Sylvain Gugger, the creators of *fastai*, show you how to train a model on a wide range of tasks using *fastai* and PyTorch. You'll also dive progressively further into deep learning theory to gain a complete understanding of the algorithms behind the scenes. Train models in computer vision, natural language processing, tabular data, and collaborative filtering Learn the latest deep learning techniques that matter most in practice Improve accuracy, speed, and reliability by understanding how deep learning models work Discover how to turn your models into web applications Implement deep learning algorithms from scratch Consider the ethical implications of your work Gain insight from the foreword by PyTorch cofounder, Soumith Chintala

**6 week speed training program:** *Be Iron Fit* Don Fink, 2010-03-16 "Most how-to books are too technical or too shallow. Don Fink manages to pen a unique combination of information, anecdotes, and readability."—Scott Tinley, two-time Ironman World Champion "Don's book certainly made me think. A truly complete book for all abilities in the sport of triathlon that leaves no subject untouched."—Spencer Smith, three-time Triathlon World Champion Ever dream of being an elite endurance athlete and competing in races like Hawaii's Ironman? Pro athletes are not the only people who can attain such superior accomplishments. Every season tens of thousands of amateur triathletes compete head-to-head, pushing their physical and mental strength to the limits. The Ironman competition is a true test: a 2.4-mile open-water swim followed by a 112-mile bike leg and a 26.2-mile marathon run. In *Be Iron Fit*, sought-after multisport coach Don Fink draws on his time-efficient training methods to provide a practical program in a step-by-step, enjoyable way—so even everyday athletes can attain ultimate conditioning.

**6 week speed training program:** YOU (Only Faster) Greg McMillan, McMillan Running, 2013-04-12

**6 week speed training program:** The Viking Method Svava Sigbertsdottir, 2019-05-02 The Viking Method uses Svava's strong mental practices inspired by her Icelandic upbringing to help the reader build the lean, powerful and toned physique they desire. It'll render the reader more resilient,

bolder and full of belief in themselves. Unlike other fitness and diet books, *The Viking Method* isn't about the external superficiality of a beach body. It's about three core pillars: thinking like a Viking, training like a Viking and eating like a Viking. Svava introduces these pillars early on in the book - along with mantras for each pillar which are connected to empowerment, mental strength and internal validation over counting calories. The book features information on eating and exercising for your hormones, detailed workout routines based around body-weight exercises illustrated with photographs, and a selection of delicious Scandi-inspired recipes such as Thor-red Salmon and Icelandic Lamb Stew.

**6 week speed training program: Ask a Manager** Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

**6 week speed training program: Hansons First Marathon** Luke Humphrey, Keith Hanson, Kevin Hanson, 2018-10-12 The results have been proven at every level, from the beginner to the elite, the Hanson's training system works. - Desiree Davila, Olympic marathoner With the right training, ANYONE can finish a marathon! Hansons First Marathon, from one of America's most successful marathon training groups, offers a smart, friendly guide to preparing for your first marathon. With their proven method, the coaches of the Hansons-Brooks Distance Project will show you how to break down the 26.2 miles into achievable daily workouts. By race day, you'll feel strong and confident of a race experience you'll be proud of. The Hansons-Brooks Distance Project has an amazing track record of turning normal runners into marathoners through their acclaimed Hansons Marathon Method. Now they have made the marathon not just something to check off your bucket list, but also an enjoyable, inspiring, and life-changing experience. Hansons First Marathon is for anyone who has decided to step up to the marathon. Whether you're a totally new runner who has never run a race, a recreational runner who enjoys occasional races, or even a competitive runner who is ready to go all the way—you'll find the right marathon training schedule for you in Hansons First Marathon. Author and coach Luke Humphrey starts you off on the right foot with a simple survey about your running experience, race goals, and your natural strengths and weaknesses. Then he guides you to the right plan to prepare you for the miles ahead. Hansons First Marathon covers everything you need to know: Finding your foot type and a good shoe for marathon training The types of workouts and how (and why) to do them Choosing your race wisely Training around travel, illness, and navigating injuries How to stretch and strength train for marathon Ways to recover from daily

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Marathons are an exciting, rewarding challenge for runners of all abilities, but how you get to the start line matters as much as how you finish. Choose *Hansons First Marathon* to start your marathon adventure and you'll set yourself up for success.

**6 week speed training program:** *Healthy Intelligent Training* Keith Livingston, 2008-10 Based on the proven principles of Arthur Lydiard - Runners World Coach of the Century - this is a must-have volume for anyone involved in middle-distance running. *Healthy Intelligent Training* provides readers with an easy-to-follow guide to the principles and training techniques that guided numerous athletes from across the globe to World Records and Olympic Gold. Written by a former national-level runner, with contributions from Olympic medalists and coaches, this superb volume shows you how to plan and follow your own training program to reach peak performance when you want.

**6 week speed training program:** *The Strong Female Athlete* Erica Suter MS, 2021-12-06 *The Strong Female Athlete* is an evidence-based and experience-based text with a fresh, novel approach for youth female athletes to improve speed, reduce injury, and increase strength. In this exuberant body of work, Erica Suter gives a deep understanding of female athlete growth and maturation, anatomy and physiology, nutritional needs, menstrual cycle considerations, and performance training progressions. She presents the science, but in a way that is readable and fun for coaches, parents, and young girls. This is way easier to read than a scientific study! The final chapters discuss mental training and how female athletes can improve confidence, and overcome challenges from sports and life.

**6 week speed training program: Progressive Plyometrics for Kids** Donald Allen Chu, Avery D. Faigenbaum, Jeffrey E. Falkel, 2006 Three of the most respected and sought-after specialists in the field of exercise and physical conditioning present this comprehensive, progressive, cost effective, and developmentally appropriate program of plyometric exercises specifically designed for younger athletes. Outlines a clear six-week progressive plyometric program, described in complete detail. Multiple clear photographs accompany each exercise. Also includes a remarkable and easy-to-navigate 58-minute DVD. Ideal for coaches, teachers, and parents of young athletes at any age and any ability level.

**6 week speed training program: Bigger Faster Stronger-3rd Edition** Shepard, Greg, Goss, Kim, 2017 *Bigger Faster Stronger (BFS)* remains the premier training program for high school and college athletes. The third edition of the *Bigger Faster Stronger* book includes the latest research; training protocols for strength, speed, power, flexibility, balance, and agility; and new content on balance, safety, and plyometrics.

**6 week speed training program:** *Training for Speed, Agility, and Quickness, 3E* Brown, Lee, Ferrigno, Vance, 2014-11-13 The ultimate training resource for athletes and coaches includes more than 262 exercises and drills, programming, and exclusive access to online video library. Assessments provide parameters for individual programs and sport-specific training.

**6 week speed training program:** *Developing Endurance* NSCA -National Strength & Conditioning Association, Ben Reuter, 2012-02-29 Runners, cyclists, swimmers, rowers, triathletes, and ultradistance athletes must sustain performance at a high level to come out on top. *Developing Endurance* shows how to achieve optimal stamina to race your best through science-based aerobic, anaerobic, and resistance training. Written by 11 top experts in the National Strength and Conditioning Association, the top sport conditioning organization in the world, this guide provides both the background information and the exercises, drills, workouts, and programs for ultimate results. Athletes and coaches will appreciate the assessment tools, analyses, and instruction to define specific needs and establish effective training goals. Armed with these tools and information, you can create the ideal personalized training program for your sport and avoid lengthy plateaus while taking performance to the highest level. Earn continuing education credits/units! A continuing

education course and exam that uses this book is also available. It may be purchased separately or as part of a package that includes all the course materials and exam.

**6 week speed training program: Strength Training for Basketball** Javair Gillett, Bill Burgos, National Strength and Conditioning Association, 2020 Strength Training for Basketball will help you create a basketball-specific resistance training program to help athletes at each position--guard, forward, or center--develop strength and successfully transfer that strength to the basketball court.

**6 week speed training program: The Big Book of Endurance Training and Racing** Philip Maffetone, 2010-09-22 A guide to building endurance and the importance of diet and nutrition as well as self-care and injury prevention for athletes seeking to stay healthy and be injury free.

**6 week speed training program: Namaslay** Candace Moore, 2016-10-25 With a distinct visual format, Namaslay guides readers step by step through more than 100 yoga poses. The poses are broken down by experience level into a series of progressions and include modifications for those who can't quite achieve the full expression of a pose just yet. Full-color photos and tips on overcoming common mistakes helps people get the most out of every pose. Namaslay also features three 30-day yoga programs that focus on de-stress, core strength, and back pain. You will also find specific yoga sequences that are customized for everyone from the office dweller to the endurance athlete. Written with heart, humor, and swagger, Namaslay is a book for everyone, from beginners to advanced practitioners and even the simply curious. This book's high-quality, edgy-yet-beautiful photographs add an artful flair that puts it in a class of its own—as appropriate for a coffee table as a yoga studio!

**6 week speed training program: *Climbing the Seven Summits*** Mike Hamill, 2012-05-04 [CLICK HERE](#) to download the first 50 pages from *Climbing the Seven Summits* \* First and only guidebook to climbing all Seven Summits \* Full color with 125 photographs and 24 maps including a map for each summit route \* Essential information on primary climbing routes and travel logistics for mountaineers, with historical and cultural anecdotes for armchair readers Aconcagua. Denali. Elbrus. Everest. Kilimanjaro. Kosciuszko. Vinson. To a climber, these mountains are known as the Seven Summits\* -- the highest peaks on each continent. If you've ever dreamed of climbing Denali or Everest, or joining the even more exclusive Seven Summitters club, then *Climbing the Seven Summits* is the guidebook you need to turn your dream into reality. With Mike Hamill as your guide, you will discover different approaches to tackling the list, as well as details on what you'll need to plan an expedition and what to expect from each climb. For each mountain you'll learn about documents and immunizations, expedition costs, training, guiding options, climbing styles, best seasons, essential gear, day-by-day itineraries, summit routes, maps showing approaches and camps, regional natural history, cultural notes, and even post-climb activities like going on safari in Africa or wine-touring in South America. Throughout you'll also find helpful and inspiring stories from the likes of Conrad Anker, Vern Tejas, Damien Gildea, Eric Simonson, and other famed climbers. Special insider tips from Hamill, based on his years of experience, as well as full-color photographs of each peak round out this collectible guidebook. And, because there remains some controversy about whether Kosciuszko in Australia or Carstenz Pyramid on the island of New Guinea is the seventh summit, this guidebook to the Seven Summits actually covers eight mountains! \*Within mountaineering circles there is debate over which peaks are considered the official Seven Summits. For the purposes of this guidebook, the Seven Summits are based on the continental model used in Western Europe, the United States, and Australia, also referred to as the 'Bass list.'

**6 week speed training program: Speed Strength** Joel Smith, 2018-12-06 In training speed, the most elusive athletic quality, what really works, and what doesn't? What are the components of sprinting itself that elites do, where amateurs falter? And how can we arrange all of this in a training medium that facilitates high performance? *Speed Strength* is the product of hundreds of athletes trained, thousands of hours of study, dozens of expert mentors, and an open mind. If you are interested in the answer to these questions, then *Speed Strength* is the book that holds the answers you are looking for, and much more. Joel Smith is the host of the Just Fly Performance Podcast and a

track and strength coach of 13 years. As a track coach to national champions and Olympic champions as a strength coach, Joel has seen the elements of speed inside and out. Featuring the insight of over 25 field leaders, Speed Strength touches on the most important trainable elements of sprinting in a holistic and thorough manner.

**6 week speed training program: Fast 5K** Pete Magill, 2019-09-10 Spend two hours with Pete Magill's Fast 5K and you'll know how to run your fastest 5K. In his fast-paced, ultimate guide to 5K running races, celebrated running coach Pete Magill reveals the 25 crucial keys to setting your next 5K PR. Magill shares hard-earned lessons he gained while leading 19 teams to USA national championships and setting multiple American and world age-group and masters records. Fast 5K shares Magill's essential keys to finding your fastest running fitness and race readiness. The 25 keys include optimal training mileage, effective tempo runs, VO2 max workouts, hill repeats, plyometrics that work, ways to prevent injuries, recovery tips, guides to diet and racing weight, choosing racing flats, and much more. Offering three 12-week and one 16-week 5K training plans, Fast 5K is the key to your best 5K running times. Pete Magill is a world-class 5K runner, personally holds multiple American and world age-group records in track & field and road racing and is a 5-time USA Masters Cross Country Runner of the Year. Now in this distilled guide, you can get world-class advice on how to run your fastest 5K ever.

**6 week speed training program: 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.

**6 week speed training program: Strength and Conditioning for Sports Performance** Ian Jeffreys, Jeremy Moody, 2016-04-28 An effective strength and conditioning program is an essential component of the preparation of any athlete or sportsperson. Strength and Conditioning for Sports Performance is a comprehensive and authoritative introduction to the theory and practice of strength and conditioning, providing students, coaches and athletes with everything they need to design and implement effective training programs. The book includes a clear and rigorous explanation of the core science underpinning strength and conditioning techniques and gives a detailed, step-by-step guide to all of the key training methodologies, including training for strength, speed, endurance, agility, flexibility as well as plyometrics. Throughout the book the focus is on the coaching process, with every chapter highlighting the application of strength and conditioning techniques in everyday coaching situations. The book also includes a unique and extensive section of sport-specific chapters, each of which examines in detail the application of strength and conditioning to a particular sport, from soccer and basketball to golf and track and field athletics. The book includes contributions from world-leading strength and conditioning specialists in every chapter, including coaches who have worked with Olympic gold medallists and international sports teams at the very highest level. Strength and Conditioning for Sports Performance is an essential course text for any degree level student with an interest in strength and conditioning, for all students looking to achieve professional accreditation, and an invaluable reference for all practising strength and conditioning coaches.

**6 week speed training program: Run for Good** Christine Many Luff, 2018-11-16 Have you always wanted to learn to run and experience the life-changing benefits of running? Or have you tried to start running in the past, but just couldn't stick with it? Maybe you thought you weren't meant to be a runner, or just didn't have the time, energy, motivation, or willpower to keep running. Whether you're brand-new to running, tried it in the past without much success, or you just can't get into a running groove, RUN FOR GOOD gives you a comprehensive roadmap to starting and maintaining a lifelong running habit. Based on her years of experience as a runner, certified running



coach and trainer, and fitness writer/researcher, author Christine Luff gives you an expert-guided, step-by-step plan for creating an enduring running habit. In this book, you'll learn: -Tips on how to run, what to wear, and how to make running easier -How to establish a habit loop to make running part of your regular routine -How to deal with inevitable setbacks and roadblocks that pop up -How to run smartly and safely with the right training schedules -Tips, tricks, and effective strategies to stay motivated to keep running -Strategies for racing, proper nutrition, injury prevention to keep your running habit going -How to avoid issues and problems that have derailed your healthy habits in the past -Advice on how to make running a rewarding and fun part of your life. This ultimate guide to running will get you started on the right foot with running, help you develop (or re-discover) a love and gratitude for running, and inspire and motivate you to keep running - for good.

**6 week speed training program: Marathon** David A. Smith, 1982

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