

Contents

Foreword	v
Preface	vii
The Ingredients of Success	1
Part I: Program Planning	
Chapter 1 Focusing Your Training	11
Chapter 2 Training to Get Faster and Stronger	31
Chapter 3 Measuring Your Starting Point	57
Part II: Training	
Chapter 4 Building Your Training Base	79
Chapter 5 Threshold Training	93
Chapter 6 Interval Training	103
Chapter 7 Repetition Training	113
Chapter 8 Designing Your Performance Program	125
Chapter 9 Taking Time Off	151
Chapter 10 Utilizing Your Training Environment	177

Part III: Racing

Chapter 11	Preparing for Competition	203
Chapter 12	1500- to 3000-Meter Racing	235
Chapter 13	5- to 15-Kilometer Racing	247
Chapter 14	Half-Marathon and Marathon Racing	257
Index		283
About the Author		287