

# [PDF] Run Faster From The 5K To The Marathon: How To Be Your Own Best Coach

**Matt Fitzgerald, Brad Hudson - pdf download free book**

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#### **Books Details:**

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#### **Description:**

**Review** Working with Brad for the past three years has helped me get much stronger, allowing me to make it to the next level. Thanks to Brad's training I can now compete with the best in the world every time I race." —Dathan Ritzenhein, two-time Olympian

"Brad's training has elevated my running to heights I daydreamed about as a high school kid. Not

only is his training innovative, he's a phenomenal motivator." —James Carney, 2008 U.S.A. Half-Marathon Champion

"Brad understands the entire training package and all its components better than any coach I've worked with, athletically or professionally. Reading this book can help take you to the next level and keep pushing you up as far and fast as you want to go." —Sarah Toland, former NCAA All-American, U.S.A. National Cross-Country Team member, and Olympic Trials qualifier for the 5,000 and 10,000

"Brad Hudson's years of personal elite training experience, combined with his wide spectrum of training influences, has catapulted him into a class of American coaching that has typically consisted of archaic, iron-fisted coaching systems. He has the ability and openmindedness to return U.S. distance running to prominence." —Casey Burchill, 28-minute 10K runner

### **About the Author**

is the founder and coach of the Performance Training Group, a team of elite runners. He lives in Eugene, Oregon. MATT FITZGERALD has written many training guides for triathletes. He is a senior editor for *Triathlete* magazine and lives in San Diego, California.

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