When you’re in shape, you begin to think differently about yourself and your life. One important objective of training is to teach the body to conserve glycogen and deal with lactic acid buildup. Increase weekly mileage primarily through long slow runs. Increase by 10% and have long runs every other week after 12-mile runs (up to 120% of race distance). Use 18-mile long runs for a 10k and 30 for a marathon. After a good base (50% of training), do hills (15%) and then speed (35%) workouts. Once a week, run 4 hills (150-200 yds @ 10-15% grade @ 80-85% effort), then build up to 12. Replace hills with speed-work.

For 10k training run 8-440’s @ 5 sec faster than race pace, increasing to 18-440’s, then drop to 10-440’s @ 15 sec faster. For marathon training run (2) one-mile repeats @ 20 sec faster than race pace every other week, build up to (12) two weeks before race. Tapering for a marathon by cutting mileage 40% for each of two weeks before race. Rest after a race (don’t race again until rested one day for each mile of a race). Limit to 13 race miles per month.

Set up a series of incremental goals, each leading to the other. Experiencing one success after another builds confidence. Even-paced running is the most effective strategy. Run erect and relaxed. #1 cause of injuries is too many miles, #2 is speed-work, #3 is improper stretching. When you get the body and mind working together, you’ll find yourself a better competitor than someone who is a stronger runner but lacks confidence/drive. Capture your goal mentally and it becomes part of you. Imagine crossing the finish line with the desired time on the clock.

Treat injuries with RICE (rest, ice, compression & elevate). Vitamin C, calcium and zinc are great for healing. We lose 25% of our fitness for each week out of training. Take twice the number of weeks you took off to gradually build back to pre-injury level. Strengthen the quadriceps to help prevent knee injuries. Drink water hourly through the day and at each water stop in a marathon. Wear the correct shoes for your feet. Master runners can run almost as fast as teenagers, but takes longer to recover.
It was an evolutionary process. Having run since 1958, I have seen it grow, at first very slowly. The 60s were a time period where you saw the first signs, a few recreational runners who discovered the benefits to mind body and spirit. In the 70s, there were a number of top athletes, such as my friend Frank Shorter, and predecessor to that would be my roommate from college, Amby Burfoot, who won the Boston Marathon [and who was Runner’s World’s former editor-in-chief]. The demographics of running in the 60s and 70s were mostly 20-something males. The Big Book of Running for Beginners will take you through everything you need to know to get started, step by step. The second thing that I’m proud to contribute to is this: It doesn’t have to hurt.