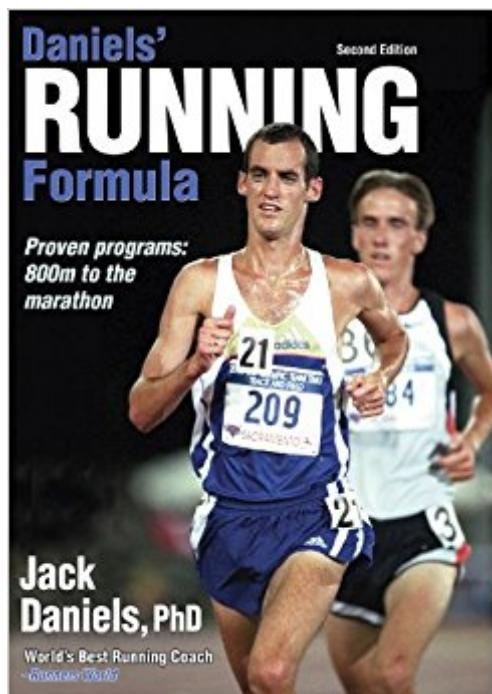


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# Daniels' Running Formula - 2nd Edition



## **Synopsis**

Get in the best shape of your running career with the scientifically based training in Daniels' Running Formula. In the book that Runner's World magazine called "the best training book," premier running coach Jack Daniels provides you with his proven VDOT formula to guide you through training at exactly the right intensity to become a faster, stronger runner. Choose from the red, white, blue, and gold programs to get into shape, target a race program, or regain conditioning after a layoff or injury. Race competitively with programs for 800 meters, 1500 meters to 3000 meters, cross country races, 5K to 15K, and half-marathon up to the marathon. Each program incorporates the right mix of the five training intensities to help you build endurance, strength, and speed, and Daniels' intensity point system makes it easy to track the time you spend at each level. The formula can be customized to your current fitness level and the number of weeks you have available for training, and it provides the perfect solution for short training seasons. Get the results you're seeking every time you lace up your shoes for a training run or race with the workouts and programs detailed in Daniels' Running Formula.

## **Book Information**

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## **Customer Reviews**

""This book is a fine example of the perfection that the running world has come to expect from Jack Daniels. Well thought out, concise, and purposeful, it embodies the training programs of time-proven principles that enhanced my own running performances. Simply put, Daniels' formula works. This book is a must read for every runner and coach interested in achieving peak performance.""

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Before I start, a couple of pieces of information that may help. First off, I find the science in this book to be a bit overwhelming at times, and I've been teaching at the university level for more than twenty years--just not in the sciences. I have a doctorate and three master's degrees, and I still find my brain swimming when I try to make it through some of the scientific info. That's just the way it is--the science isn't for everyone, and you shouldn't give up on this book if the science sections don't make complete sense--just don't read them. The information isn't at all necessary for improving your running. It's cool to know if you do make it through, but it doesn't matter if you don't. Second, I used the DRF ten years ago (at age 44) to go from an 18:55 5k to an 18:05 in about six months. I just got back into competitive running last year (after several years of doing ultras), and I had no real speed at all. After three or four months, I found I wasn't improving my times much, so I decided to give Daniels another go-round and bought the new edition. On November 1, 2014, I did a 6k in 24:52 (a 6:40 pace). Then I bought this book and started the 5k program, and in March of 2015 I did a 10k in 39:36 (a 6:23 pace). That pace, of course, would have been faster had I done just a 6k, so there is evidence in my experience that shows that this program works if you give it a chance. Here's what I've done, and what I recommend to others to whom I've given this book. First off, you need a current running time for a specific distance. If you don't have one, go get one, either by signing up for a local 5k or going to a high school track and pushing yourself for a mile. And it has to be a decent effort on your part, not just a leisurely jogging time, otherwise this program will be useless to

you. With your time, go to Table 5.1, VDOT values (page 81 in 3rd edition), and find your time, then find the associated VDOT, which is listed to the right and the left of all the times. For example, if you did a 49-minute 10k, your VDOT will be 41. That's the most important thing to know. Now you need to choose a training program. I'm doing 5k, so I go to Chapter 11. If you're a very beginning runner, start on Phase 1, page 176, for 4 to 6 weeks. If you've been running but not necessarily pushing yourself hard, then start on Phase 2, page 180. You'll find there a full workout for you that can last as long as you want it to, and that will improve your times. Let's look at Week One of Phase 2. You start with a long run, then do an easy run with 10 strides, and then on the third day, you find your first quality workout: 2E (two miles easy run) + 2 sets of (8 x 200R w/200 jog) w/ 800 jog between sets + 2E. I sometimes modify the starting and ending 2E to either 1 mile easy or 1 1/2 miles easy, depending on time constraints, but the sprinting you'll want to keep. The question you have to answer now is what does 200R mean? For that, go to page 84, Table 5.2, for the Training intensities table. There you'll find that since your VDOT is 41, you should be running each of these 200's at 51 seconds. And that's really all you need to know. If your training says 2E + 5 x 1kT w/ 2 minutes rest + 2E, you're going to find that your pace for one kilometer at a 41 VDOT is 5:00 even. So you'll run a kilometer in five minutes, rest for two minutes, run a km in five minutes, rest for two minutes, etc. All of your paces are on pages 84-85, for Easy, Marathon, Threshold, Interval, and Repetition. Personally, I would recommend reading chapter four in which Daniels talks about each of these paces and what you're trying to accomplish with them, but it's not absolutely necessary for the training. Keep in mind that after a few weeks the paces will probably become very easy for you, and then it's time to move to a new VDOT. Just be careful when you do so that you're not moving up too early--injuries and burnout can easily happen. Also, keep in mind that Daniels is a strong advocate of rest, and makes it clear that there's no problem making one or two of the E days complete rest days. I run six days a week, and rest one. You'll notice that many of the workouts have strides indicated (+10 ST, for example). He defines strides on page 177, paragraph 4: "are not all out sprints but are light, quick runs that last about 10 to 15 seconds each, with about 45 seconds' rest after each stride." Personally, I have read the whole book, and I'm glad I have, but I would recommend doing so after you have your running plan worked out. The scientific info supplements what you're doing, but you don't need to know it to improve as a runner. My strategy is simple, and I use index cards: I write down one week's worth of runs on a card, and then I write the two quality workouts on separate index cards to take to the treadmill with me in the winter, and to the track in the summer. And by the way, these workouts are wonderfully suited to the treadmill--once I set a speed on the treadmill, I have to maintain that pace for the entire time indicated. I hope this helps!

Have fun training!

followed it and have had great results. from a 20:58 to a 19:22 5k in one season so I would say that it works. It works as much as the level of effort you're willing to put into it (mileage/workouts etc). Daniel's may not be for everyone but if you're looking for a really good structure and are self-coached, this is a pretty good formula to follow. I'm self coached so I needed guidance in figuring out what kind of workouts I would need to improve my 5k times.

This book outlines coach Jack Daniels' scientific approach to training for running races. The training process is broken down into a set of "phases," which build progressively toward a peak race or set of races (championship season). The fundamentals of the workouts, and which physical system in the body is being targeted, are explained and discussed. Sample workouts and training plans are provided. The training plans are flexible based on the total amount of weeks available for training before the target race. The book is extremely easy to read and follow. From a personal standpoint, this method of training completely changed my running life. It's almost guaranteed to run the fastest you ever have, if you follow Daniels' formula for running!!

It covers the physiology and the training theory in depth. It covers technique/running mechanics only superficially. I have the Kindle version, so the charts/tables are very difficult to read/use. I would recommend buying the Third Edition, and preferably the paper version as it is better organized, especially the sections covering the training/programs for specific events and easier to read/use.

I have used his 2nd edition and it was the most thorough running manual I've come across. The third edition adds enough new material and improved organization to make it worth moving to this new edition. This edition has separate chapters for each length of race you're training for and I especially liked the section on how to return to running after a layoff, from a few days to extended periods due to injury or others. This is strictly a training manual for running. You will have to go elsewhere for diet or equipment advice.

Excellent scientific background. Lots of plans to pick from. Good tips on how to customize your own plan. Love it. Maybe buy it on paper instead of Kindle? Some of the tables I had to use my computer to read properly.

I would consider myself a beginner runner. I started running about 5 months ago at the age of 40, and I like to learn as much as I can about a subject when I start something. I have read several books about running and running techniques/form. This book is mostly geared towards younger runners in high school or college, but anyone of any level can gain a great deal of knowledge from this book whether you are a younger runner or someone starting later in life. It is very technical in the beginning section and you might think that it is only geared towards elite runners with a running history, but then it slows down in later sections to fully and completely describe things like Strides, Tempo runs, Interval training, etc. What it did for me was help me to make a plan to reach my goal (target date) and improve my running not just simply go out and run. This would not be my first book to pick up about running. I would read several other books first, and then get this book to kind of complete your library.

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