



# Better Runs : 25 Years' Worth of Lessons for Running Faster and Farther

*Joe Henderson, Jeff Galloway*

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This guide offers readers practical advice on every aspect of running, from how to choose the right shoes, to how to set up an effective training programme, and how to improve race tactics. The book includes the author's own anecdotes about his own and others' successes and failures, and he offers runners advice on how to balance their training by rotating workout distances; how to measure, record and analyze their times and distances; how to improve racing with more efficient pacing; how to supplement running with other exercises; and set challenging, yet reachable running goals. The book should enlighten elite runners and joggers alike.

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