

Download Run Fast How To Beat Your Best Time Every Time

Run Fast: How to Beat Your Best Time Every Time [Hal Higdon] on Amazon.com. *FREE* shipping on qualifying offers. Achieve a personal best at any distance Are you looking for better race times, whether you run 5Ks or marathons? Searching for that ultimate I am tempted to give this book 4 stars only for the reason that I disagree with the subtitle "How to beat your best time, every time". I don't think it's possible to set PRs forever. If it were so the pros would be doing it every race. That aside, if your interested and running faster and not afraid of speed work, then this book is for you. This article has been excerpted and adapted from Run Fast: How to Beat Your Best Time — Every Time, by Hal Higdon.. They are disparagingly called “junk miles”—those slow, extra miles done ...Run Fast: How To Beat Your Best Time Every Time by Hal Higdon is a good primer on running that is worth taking a look at. It has a lot of the basics that somebody new to running or that has had a lay off for quite a while could benefit from.