

CONTENTS

ACKNOWLEDGEMENTS.....6

FOREWORD7

INTRODUCTION9

TRAINING PREREQUISITES FOR THE LONG DISTANCE.....11

CHAPTER 1: LONG DISTANCE FUNDAMENTALS.....12

CHAPTER 2: TESTING & HEART RATE.....18

CHAPTER 3: TERMINOLOGY & TECHNIQUES.....30

CHAPTER 4: WEIGHT TRAINING.....46

CHAPTER 5: ADAPTATION PHASE WEEKS 1-6.....54

CHAPTER 6: AEROBIC PHASE WEEKS 7-12.....78

CHAPTER 7: LONG-DISTANCE-SPECIFIC BASE WEEKS 13-18106

CHAPTER 8: RACE PHASE WEEKS 19-24.....132

CHAPTER 9: WORKOUT CHARTS.....156

CHAPTER 10: RACE WEEK.....172

CHAPTER 11: NUTRITION.....180

CHAPTER 12: RESOURCES.....188

ABOUT THE AUTHORS190

INDEX.....192

CREDITS.....192