



The Art of Running Faster

Julian Goater, Don Melvin

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Any runner can tell you that the sport isn't just about churning out miles day in and day out. Runners have a passion, dedication, and desire to go faster, longer, and farther. Now, *The Art of Running Faster* provides you with a new approach to running, achieving your goals and setting your personal best.

Whether you're old or young, new to the sport or an experienced marathoner, this guide will change how you run and the results you achieve. *The Art of Running Faster* challenges the stereotypes, removes the doubts and erases the self-imposed limitations by prescribing not only *what* to do but also *how* to do it. Inside, you will learn how to

- overcome the obstacles that prevent you from running faster, more comfortably, and with greater focus;
- customize your training program to emphasize the development of speed, strength, and stamina;
- shift gears, reach that next level of performance, and blow past the competition.

In this one-of-a-kind guide, former world-class runner Julian Goater shares his experiences, insights and advice for better, more efficient and faster running.

Much more than training tips and motivational stories, *The Art of Running Faster* is your guide to improved technique and optimal performance. Let Julian Goater show you a new way to run faster, farther and longer.

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