

free running training plans

free running training plans are essential tools for anyone looking to improve their parkour and freerunning skills efficiently and safely. These training plans provide structured routines that focus on building strength, agility, balance, and coordination, all of which are critical for mastering the diverse movements involved in free running. Whether you are a beginner aiming to learn the basics or an advanced freerunner seeking to enhance your performance, well-designed training plans can guide your progression. This article explores various aspects of free running training, including the key components of effective plans, different types of workouts, and tips to maximize results. Additionally, it covers safety considerations and how to create personalized training schedules tailored to individual goals and skill levels. Below is an overview of the main topics discussed in this article.

- Understanding Free Running Training Plans
- Key Elements of Effective Training Plans
- Types of Workouts in Free Running Training
- Sample Free Running Training Plan for Beginners
- Advanced Training Strategies for Experienced Freerunners
- Injury Prevention and Safety Tips
- How to Customize Your Free Running Training Plan

Understanding Free Running Training Plans

Free running training plans are structured programs that outline exercises and drills designed to improve the physical capabilities and technical skills required in free running. These plans typically incorporate elements of strength training, cardiovascular conditioning, flexibility, and skill practice to ensure comprehensive development. The primary goal of such plans is to help practitioners progress steadily while minimizing injury risk. A well-constructed plan balances intensity, volume, and rest, enabling freerunners to build endurance, explosive power, and fluidity in movement.

Purpose and Benefits of Training Plans

Training plans provide a systematic approach to mastering the complex movements involved in free running. By following a plan, freerunners can:

- Track progress and set measurable goals
- Develop essential physical attributes such as strength, agility, and balance
- Improve technique through consistent practice of fundamental skills
- Reduce the likelihood of injuries through gradual progression
- Enhance overall performance and confidence

Key Elements of Effective Training Plans

Successful free running training plans incorporate several key elements that address both physical conditioning and skill development. Understanding these components is vital for creating or choosing an effective program.

Strength and Conditioning

Strength training focuses on building muscle groups critical for free running, including the core, legs, and upper body. Exercises such as squats, lunges, push-ups, and pull-ups are commonly included to enhance power and stability.

Cardiovascular Endurance

Cardio workouts improve stamina, allowing freerunners to perform sustained sequences without fatigue. Running, interval training, and circuit workouts are effective ways to boost cardiovascular fitness.

Flexibility and Mobility

Flexibility exercises increase range of motion and reduce muscle tightness, which is crucial for executing dynamic movements smoothly. Stretching routines and mobility drills help maintain joint health and prevent injuries.

Technical Skill Practice

Skill drills focus on specific free running movements such as vaults, rolls, wall runs, and precision jumps. Consistent practice refines technique and builds muscle memory.

Types of Workouts in Free Running Training

A variety of workout types are incorporated within free running training plans to target different aspects of physical and technical development. These workouts can be combined strategically for balanced progress.

Strength Workouts

Strength workouts include bodyweight exercises and resistance training aimed at increasing muscular power. Examples include:

- Pull-ups and chin-ups
- Push-ups and dips
- Squats and lunges
- Core exercises such as planks and leg raises

Cardio and Endurance Training

Cardiovascular workouts enhance overall endurance and help maintain high energy levels during free running sessions. Common methods include:

- Steady-state running
- High-intensity interval training (HIIT)
- Hill sprints
- Circuit training

Skill-Specific Drills

Skill drills focus on mastering individual moves and sequences crucial to free running. These drills often involve:

- Precision jumps to improve accuracy
- Rolls to safely absorb impact
- Vaults over obstacles of varying heights
- Wall runs and climbs for vertical movement

Sample Free Running Training Plan for Beginners

A beginner-friendly training plan should emphasize foundational strength, flexibility, and basic skills, gradually building intensity over time. Below is an example of a weekly plan suitable for newcomers.

1. **Day 1 – Strength Training:** Focus on bodyweight exercises like squats, lunges, push-ups, and planks.
2. **Day 2 – Skill Practice:** Practice basic rolls, safety techniques, and simple vaults.
3. **Day 3 – Cardio:** Engage in steady-state running or light interval training.
4. **Day 4 – Rest or Active Recovery:** Light stretching or yoga.
5. **Day 5 – Combined Workout:** Circuit of strength exercises and skill drills.
6. **Day 6 – Flexibility and Mobility:** Dynamic stretches and mobility drills.
7. **Day 7 – Rest:** Full rest to allow muscle recovery.

Advanced Training Strategies for Experienced Freerunners

Experienced freerunners benefit from more intense and specialized training plans that target advanced skills and higher physical performance levels. These plans often include plyometric training, complex skill sequences, and tailored conditioning routines.

Plyometric Training

Plyometrics develop explosive power essential for high-impact jumps and rapid movements. Exercises such as box jumps, depth jumps, and bounding drills are commonly integrated.

Complex Skill Combinations

Advanced plans incorporate practice of fluid movement sequences combining

vaults, wall runs, and flips. This enhances coordination and flow in freerunning.

Periodization

Periodization involves structuring training phases to alternate between building endurance, strength, and peak performance, allowing for optimal adaptation and recovery.

Injury Prevention and Safety Tips

Minimizing injury risk is a critical aspect of any free running training plan. Proper warm-ups, technique, and recovery play significant roles in maintaining long-term health.

Warm-Up and Cool-Down

Effective warm-up routines prepare muscles and joints for activity, reducing strain. Cool-down sessions aid in recovery and reduce muscle soreness.

Progressive Skill Development

Advancing skills gradually and mastering basics before attempting difficult moves helps prevent injuries caused by improper technique or overexertion.

Rest and Recovery

Incorporating rest days and adequate sleep ensures muscles repair and strengthens, preventing overtraining and fatigue-related injuries.

How to Customize Your Free Running Training Plan

Personalization is crucial in maximizing the effectiveness of free running training plans. Factors such as fitness level, goals, and available time should influence plan design.

Assessing Current Fitness and Skill Level

Evaluating strengths and weaknesses helps identify areas requiring focused improvement and ensures the training plan is appropriately challenging.

Setting Realistic Goals

Defining clear short-term and long-term objectives guides the training structure and motivates consistent effort.

Adjusting Volume and Intensity

Modifying workout frequency, duration, and difficulty based on progress and recovery status prevents burnout and supports steady advancement.

Incorporating Cross-Training

Integrating activities like swimming, cycling, or yoga can complement free running training by enhancing overall fitness and flexibility.

Frequently Asked Questions

What is a free running training plan?

A free running training plan is a structured schedule designed to help individuals improve their free running skills, focusing on strength, agility, flexibility, and technique over a set period.

How often should I train with a free running training plan?

For beginners, training 3-4 times a week is recommended to build foundational skills and strength while allowing time for recovery. More advanced practitioners may train 5-6 times per week.

What are the key components of a free running training plan?

Key components include strength training, cardiovascular conditioning, flexibility exercises, skill practice (like vaults, rolls, and wall runs), and rest days for recovery.

Can free running training plans be customized for beginners?

Yes, many free running training plans are tailored for beginners, focusing on basic movements, gradual progression, injury prevention, and building overall fitness safely.

What equipment do I need for a free running training plan?

Minimal equipment is needed; usually just comfortable athletic wear and good-quality running shoes. Some plans may incorporate basic gym equipment for strength training.

How long does it take to see progress with a free running training plan?

Progress varies, but typically noticeable improvements in strength, agility, and technique can be seen within 4 to 8 weeks of consistent training.

Are free running training plans suitable for all fitness levels?

Yes, free running training plans can be adapted to suit all fitness levels by adjusting intensity, volume, and complexity of movements to match the individual's capabilities.

Where can I find free running training plans?

Free running training plans can be found on specialized websites, YouTube channels, fitness apps, and social media platforms dedicated to parkour and free running communities.

Additional Resources

1. Mastering Free Running: The Ultimate Training Guide

This comprehensive guide covers everything from basic movements to advanced techniques in free running. It includes detailed training plans designed to build strength, agility, and fluidity. Whether you are a beginner or an experienced freerunner, this book offers progressive exercises to enhance your skills safely and effectively.

2. Free Running Fundamentals: A Step-by-Step Workout Plan

Ideal for newcomers, this book breaks down the core elements of free running into manageable training sessions. It emphasizes building a strong foundation with balance, coordination, and flexibility exercises. The step-by-step plans help readers develop confidence and technique progressively.

3. Urban Movement: Conditioning and Training for Free Running

Focusing on physical conditioning, this book offers specialized workouts tailored for the demands of urban free running. It includes strength training, plyometrics, and endurance routines to improve performance and reduce injury risk. Readers learn how to adapt their training to different urban environments.

4. *Advanced Free Running Techniques and Training Plans*

Designed for experienced freerunners, this book explores complex movements and tricks. It provides detailed training schedules to master flips, vaults, and wall runs while emphasizing safety and injury prevention. The book also includes mental preparation strategies for overcoming challenges.

5. *Parkour & Free Running Training Manual*

Combining the disciplines of parkour and free running, this manual offers diverse training plans to improve speed, agility, and creativity. It features drills and exercises targeting core strength and explosive power. The book encourages practitioners to develop their unique style within structured training frameworks.

6. *Dynamic Free Running Workouts: Build Strength and Agility*

This book presents high-intensity workouts designed to boost athleticism specific to free running. It integrates bodyweight exercises, sprint drills, and mobility routines to enhance overall movement quality. The training plans are adaptable for all levels, focusing on progressive improvement.

7. *The Free Running Athlete: Training for Performance and Style*

Focusing on the artistic side of free running, this book blends physical training with creative expression. It offers routines that improve flow and style while maintaining technical precision. Readers learn how to combine strength, flexibility, and rhythm in their practice.

8. *Beginner's Guide to Free Running Training Plans*

Perfect for those new to the sport, this guide simplifies the process of starting free running. It includes gentle progression plans that emphasize safety, basic skills, and fun. The book also covers essential warm-ups and cool-downs to support recovery.

9. *Free Running Conditioning: Strength and Endurance Programs*

This book targets the physical conditioning necessary for sustained free running sessions. It provides strength-building exercises alongside cardiovascular training tailored to the sport's demands. The training plans help athletes increase stamina and power for longer, more dynamic runs.

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free running training plans: IronFit's Marathons after 40 Don Fink, Melanie Fink, 2017-03-01 The only marathon training guide athletes forty and older will ever need Updated with full-color exercise photography; cutting-edge training, strength, core, and flexibility programs; and

specific instruction for the most popular version of the marathon, the Half-Marathon, this book starts with a simple premise: training methods for younger athletes no longer work for athletes over forty. Melanie and Don Fink present step-by-step action plans for faster times, fewer injuries, and more enjoyment for the Master's marathoner. Including profiles of successful older athletes, this book also provides ways to avoid common training and racing mistakes, recovery methods unique to forty-plus athletes, secrets to staying injury-free, and much more.

free running training plans: *Relentless Forward Progress* Bryon Powell, 2013-10-04 Ready to Run an Ultramarathon? When you consider marathons, do you think, been there, done that? Like so many others, do you believe that humans were born to run? Do you seek a new challenge that tests your mental and physical limits? If you answered yes to any of these questions, then it's time to read *Relentless Forward Progress* and give ultramarathons a try! Veteran ultramarathoner and coach Bryon Powell shares insider knowledge about training, racing, fueling, hydration, and much more. In this guide, you'll find: --Daily training plans for races from 50k to 100 miles --A crash course in how to trail run --Advice from some of the world's top ultrarunners --Proven strategies for race day success --Useful approaches for running uphill and downhill --What to look for in ultramarathon gear --Practical wisdom on speed work --Cross training ideas for running fitness and recovery --Tips on running barefoot --Inspiration to go farther than you've ever gone before

free running training plans: *Mental Training for Runners* Jeff Galloway, 2016-03-28 "I don't have time to run." "The run will hurt or make me tired." "I don't have my running shoes with me." "I've got too much work to do." If you're always looking for any excuse to not go running, this book is for you! Whether you're an athlete or just want to stay fit and exercise, you need to train your mind just as much as you train your body! It's easy to find excuses and stay at home, but with Jeff Galloway's mental training strategies you will find yourself staying motivated and setting and reaching new goals in no time. Jeff will help you break down your challenges into smaller steps so your next goal seems more achievable. You will learn to overcome each challenge and problem and reduce stress. You will be able to go out for your run even on tough days, after an injury or illness, or when your running buddy isn't around. In the end, you will break through barriers and stay in control and at the top. In this book, you will find many useful tips on how to deal with stress. Jeff describes typical everyday situations and how to go out and run even if your brain is making up excuses; he explains drills to help you rehearse a good response to those excuses so that over time you will change your habits; he presents training tools that will lower your stress and help you learn to set realistic goals. In addition, Jeff posits that in order to stay motivated, it is important to have good running technique. A section on better technique will help you run better and achieve your next goal. Finally, Jeff shows how using a journal can benefit your exercise regime and assist you in keeping track of your progress and the highs and lows of your training schedules. *Mental Training for Runners* will put you on the path to a positive mental environment and will turn your mind, body, and spirit into a powerful team and tool. After reading and learning from this book, there will only ever be one answer to any challenge: "I can do it!"

free running training plans: *The Runner's World Big Book of Running for Beginners* Jennifer Van Allen, Bart Yasso, Amby Burfoot, Pamela Nisevich Bede, 2014-04-01 Every day, people are reaching their get-up-or-give-up moments and resolving to change. And they're realizing that running is the simplest, cheapest, and most effective way to lose weight, gain confidence, and relieve stress. For newcomers, the obstacles are fierce. There are fears of pain and embarrassment. There are schedules jam-packed with stressful jobs, long commutes, endless meetings, and sticky-fingered toddlers. *The Runner's World Big Book of Running for Beginners* provides all the information neophytes need to take their first steps, as well as inspiration for staying motivated. The book presents readers with tips for smart nutrition and injury prevention and includes realistic training plans that enable beginning runners to achieve gradual progress (by gearing up for a 30-minute run, a 5-K, or even a 5-miler). Above all, it will show newbies just how fun and rewarding the sport can be, thanks to the help of several real runner testimonials.

free running training plans: *Easy Running Plans* Jeff Gaudette, 2025-06-17 Hit the ground

running with this easy, total-body training guide. Whether you're a weekend runner looking to get in better shape or a road warrior aiming to tackle your first marathon, Easy Running Plans has something for you. Throughout this book, you'll learn the most effective stretching routines, strength workouts, and technique drills for runners—culminating in seven, easy-to-follow running plans. Whatever your goal may be, these plans will help you get there. And with the total-body approach, you'll not only get the most out of your runs but acquire the skills necessary to keep injuries at bay. Easy Running Plans contains the following: Lace up—Choose the training schedule that best suits your needs, whether you're looking to make steady gains or have your sights set on a 5k, 10k, half-marathon, or marathon. Study up—Learn the fundamentals of proper running form, stride, injury-prevention, and recovery. Speed up—Improve your speed, strength, and endurance with detailed illustrations depicting over 40 stretches, exercises, and drills—all of which can be performed at home, with little-to-no equipment. When you're ready to elevate your running game, pick up a copy of this book and get moving.

free running training plans: *Running with Power: Getting Started* Steve Bateman, 2025-07-07 Beyond Pace and Heart Rate: Unlocking running Power □Realise your potential. Achieve your full running potential by Running with Power. This comprehensive guide helps you choose the right equipment and apps to collect, analyse, and truly understand your running power. □Productive training. Discover how quantifying your effort makes it possible to assess your running fitness, ensuring every training session is productive - no more guessing if you're pushing too much or not enough. □Minimise injury risk. By understanding the impact of your training, you'll minimise injury risk and achieve consistent, healthier progress. □No more hopeful goal times. On race day, set targets based on your measured fitness, instead of relying on a hopeful goal time. □Achieve your personal best. Personalised race-day power targets mean you can run harder for longer and deliver on your potential, optimising your race to achieve your personal best. Includes information about the Stryd footpod, wrist-based power and apps for planning, executing and reviewing your runs. Covers fundamental concepts to provide a firm foundation on which you can continue to build your understanding of running power. Written by an England Athletics certified coach with participation from a team of testers, this is the book you've been looking for to Get Started - Running with Power.

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free running training plans: *Apple Watch and iPhone Fitness Tips and Tricks (includes Content Update Program)* Jason R. Rich, 2015-09-09 Book + Content Update Program Apple Watch and iPhone Fitness Tips and Tricks contains hundreds of tips and tricks you can use with the new Apple Watch and your iPhone to create a powerful personal health and fitness system that can help you get fit, and stay fit. You'll learn how to use Apple's new technologies to track your performance, strengthen your motivation, reduce your stress, and improve your diet. You'll learn how to use the Apple Watch and iPhone with everything from Bluetooth-compatible workout equipment to third-party exercise and nutrition apps. Easy to understand and nontechnical, this book is ideal for beginners, as well as more experienced Apple Watch and iPhone users who are fitness-, health-, or nutrition-minded and want to reduce their stress, lose weight, sleep better, build muscle, and live a healthier lifestyle. In addition, this book is part of Que's Content Update Program. As Apple updates features of the Apple Watch and iPhone, sections of this book will be updated or new sections will be added to match the updates to the software. The updates will be delivered to you via a FREE Web Edition of this book, which can be accessed with any Internet connection. How to access the free Web Edition: Follow the instructions within the book to learn how to register your book to get the FREE Web Edition. Author Jason Rich is the best-selling author of more than 55 books. Rich will help you learn to: • Through in-depth and exclusive interviews with world-renowned health and fitness experts, learn how to succeed in your fitness, diet, and health goals • Define achievable goals, and use your iPhone and Apple Watch to work toward them • Use the built-in Health app to collect, view,

analyze, store, or share health and fitness data • Customize your Apple Watch to display fitness information whenever you want it • Wirelessly link a scale, treadmill, fitness tracker, and medical devices to your iPhone • Discover great tracking and performance tools for cyclists, runners, and walkers • Track what you eat, and become more mindful about nutrition • Discover mind/body tools for improving focus and reducing stress • Monitor your sleep patterns, sleep better, and consistently wake up more rested • Reinforce your motivation with apps, accessories, and music • Set up Medical ID to provide life-saving medical information in an emergency • Make the most of Apple's Activity and Workout apps

free running training plans: Cross-Country Running Jeff Galloway, 2023-05-01 In this new edition, Olympian and running coach Jeff Galloway brings his proven Run Walk Run® method to cross-country running. Using his method and following the training plans provided, every cross-country runner will improve performance, recover faster, and reduce the risk of injury. Jeff Galloway explains how to build endurance, train and race on hills, run on varied terrain, implement speed training and race strategies, all while maximizing performance. He gives action plans for teamwork training and developing race methods, and he also covers injury prevention and treatment that gets an injured runner back racing in no time. The training programs incorporate Galloway's Magic Mile—the best way to check and monitor training progress—and are suitable for high school and college runners. Runners are also given the tools to set realistic pacing goals for long runs and races and to reach peak performance in the 5K, 1500m, 2000m, and 10K. Every cross-country runner and coach needs this book!

free running training plans: The Run Walk Run® Method Jeff Galloway, 2016-05-23 Jeff's quest for the injury-free marathon training program led him to develop group training programs in 1978, and to author Runner's World articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN™, low mileage, three-day suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

free running training plans: The Marathon Method Tom Holland, 2007-04-01 Get Ready to Run! A complete guide to training for a half or full marathon in sixteen weeks, this book follows the format of Tom's previous book The 12-Week Triathlete with simply the best advice on how to run your fastest race while staying injury-free. Whether you are a first-time marathoner, trying to set a new PR or looking to qualify for Boston, this book is for you. TRAIN LESS AND RUN YOUR BEST Some worry that running a marathon will involve hours upon hours of training each week. Others fear that they will become injured. Some veteran marathoners have followed other training plans and experienced both, but Tom's approach is much different. His philosophy of train less, run your best will amaze you whether you are running your first marathon or fiftieth. Exercise physiologist and sports performance coach Tom Holland -- an elite endurance athlete himself and sub-3 hour marathoner who has run in more than fifty marathons, three ultramarathons, and a dozen Ironman triathlons around the world will teach you how to properly gear up and train in the sixteen weeks prior to your half or full marathon. So when that starting gun sounds, you'll be equipped with invaluable tips and techniques that will put you in position to run the best race of your life. The Marathon Method provides you with everything you need to know including: Easy-to-understand advice on nutrition, hydration, and gear Customized training plans for beginner, intermediate, and advanced runners Advice on the mental side of running and how to make your mind go that extra mile Strategies to avoid hitting the infamous 'wall' Tips on pacing, injury prevention, strength training, flexibility, and much more!

free running training plans: Lazy Runner Laura Fountain, 2012-12-18 The Lazy Runner follows Laura Fountain from starting out as a novice runner-unfit, clueless about running, and

incredibly lazy-to finishing her first marathon, and beyond. At first unable to run 400 meters without stopping, Laura has now completed five marathons, the most recent in under four hours. Along the way, Laura learns countless lessons about running, most of them the hard way. But most importantly, this self-confessed couch potato learns to love running. As well as offering inspiration and motivation to get out there and run, her book offers tips on how to make running easier and more enjoyable. Offering practical information on buying the right kit, choosing the best race, and what to do on race day, it also tackles the important running questions you might be embarrassed to ask-like when will it get easier? And what happens if I need the toilet?

free running training plans: Run Faster from the 5K to the Marathon Brad Hudson, Matt Fitzgerald, 2008-07-29 Learn how to run faster, unlock your potential, and reach peak performance with this practical guide featuring training advice from a former Olympic trials marathoner and coach to Olympians. "Reading this book can help take you to the next level and keep pushing you up as far and fast as you want to go."—Sarah Toland, former NCAA All-American, USA National Cross-Country Team member, and Olympic Trials qualifier for the 5,000 and 10,000 Brad Hudson is the most innovative running coach to come along in a generation. Until now, only a handful of elite athletes have been able to benefit from his methods. With *Run Faster from the 5K to the Marathon*, Hudson shows all runners how to coach themselves as confidently and effectively as he coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First, you will learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, this is the cutting-edge guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively—and avoid injury. And you'll soon be running faster than you ever thought possible!

free running training plans: Unbreakable Runner T.J. Murphy, MacKenzie, 2014-09-22 A New York Times Best Seller! Men's Journal Health Book of the Year In *Unbreakable Runner*, CrossFit Endurance founder Brian MacKenzie and journalist T.J. Murphy examine long-held beliefs about how to train, tearing down those traditions to reveal new principles for a lifetime of healthy, powerful running. *Unbreakable Runner* challenges conventional training tenets such as high mileage and high-carb diets to show how reduced mileage and high-intensity training can make runners stronger, more durable athletes and prepare them for races of any distance. Distance runners who want to invigorate their training, solve injuries, or break through a performance plateau can gain power and resilience from MacKenzie's effective blend of run training and whole-body strength and conditioning. CrossFitters who want to conquer a marathon, half-marathon, or ultramarathon will find endurance training instruction with 8- to 12-week programs that combine CrossFit™ workouts with run-specific sessions. *Unbreakable Runner* includes CrossFit-based training programs for race distances from 5K to ultramarathon for beginner, intermediate, and advanced runners. Build a better running body with this CrossFit Endurance-based approach to running training.

free running training plans: *Mastering Running* Cathy Utzschneider, 2014-06-25 Mastering Running, regardless of your age, optimal performance and new personal bests await. Cathy Utzschneider, highly accomplished and renowned masters runner and coach, has created the definitive guide for runners, athletes, and fitness buffs. Runners from 30 to 100 will benefit from the targeted approach that covers these aspects: • Evaluating and refining running form to improve speed and endurance • Exercises, stretches, and routines to prevent common age-related injuries • Training programs for the mile, 5K, 10K, half marathon, and full marathon • Proven strategies, used by today's top runners, that shave seconds off your time Mastering Running contains all the advice and instruction you'd expect from an elite-level coach. With details on segmenting, front running, tapering, recovering, and fueling, Mastering Running is the one guide you'll rely on time and again for a lifetime of serious running.

free running training plans: *Natural Running* Danny Abshire, Brian Metzler, 2010-12-01 Natural Running is the middle ground runners have been looking for. By learning to run the barefoot way, while wearing shoes, runners will become more efficient, stronger, and healthier runners.

Backed by studies at MIT and Harvard, running form and injury expert Danny Abshire presents the natural running technique, form drills, and an 8-week transition plan that will put runners on the path to faster, more efficient, and healthier running. In *Natural Running*, Abshire explains how modern running shoes distort the efficient running technique that humans evolved over thousands of years. He reviews the history of running shoes and injuries, making the case for barefoot running but also warning about its dangers. By learning the natural running technique, runners can enjoy both worlds: comfortable feet, knees, and legs and an efficient running form that reduces impact and injuries. *Natural Running* teaches runners to think about injuries as symptoms of poor running form. Abshire specifies the overuse injuries that are most commonly associated with particular body alignment problems, foot types, and form flaws. Runners will learn how to analyze and identify their own characteristics so they can start down the path to natural running. Abshire explains the natural running technique, describing the posture, arm carriage, cadence, and land-lever-lift foot positioning that mimic the barefoot running style. Using Abshire's 8-week transition plan and a tool kit of strength and form drills, runners will move from heel striking to a midfoot or forefoot strike. *Natural Running* is the newest way to run and also the oldest. By discovering how they were meant to run, runners will become more efficient, stronger, and healthier runners.

free running training plans: *The Runner's World Big Book of Marathon and Half-Marathon Training* Amby Burfoot, Bart Yasso, Pamela Nisevich Bede, Jennifer Van Allen, Editors of *Runner's World* *Maga*, 2012-06-05 The first dedicated book on marathon and half marathon training from the renowned experts at *Runner's World* *Runner's World Big Book of Marathon and Half-Marathon Training* gives readers the core essentials of marathon training, nutrition, injury prevention, and more. The editors of *Runner's World* know marathon training better than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book includes testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans. *Runner's World Big Book of Marathon and Half-Marathon Training* is a powerful and winning resource—the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

free running training plans: *The Essentials of Obstacle Race Training* David Magida, Melissa Rodriguez, 2016-09-21 Scaling walls, crawling through mud, climbing ropes, and sprinting across rugged terrain. Obstacle course racing is one of the fastest-growing sports in the United States, and it's gaining popularity around the world. The sport is grueling, demanding, and intensely satisfying if you prepare, train, and know what to expect. Only *The Essentials of Obstacle Race Training* can ensure you will be ready. Authored by David Magida, founder of Elevate Interval Fitness and member of the Spartan Race pro team, and Melissa Rodriguez, former contributing editor for *Mud & Obstacle* magazine, this in-depth guide breaks down the events, obstacles, common difficulties, and strategies for negotiating all challenges. Most important, it presents the tools and the plan to prepare—physically and mentally—for the unforgettable adventure that awaits. Inside you'll find 100 of the most effective exercises for grip strength, mobility, balance, power, strength, and endurance as well as 28 workouts you can immediately start to use. You'll also find advice on conquering course challenges, preventing injuries, and selecting events and mental strategies for focusing, concentrating, and overcoming fear. Through experience and expertise, Magida and Rodriguez have created the most complete, accessible, and effective guide to the sport. Whether you're competing for your first or your hundredth event, preparation and confidence are key. With *The Essentials of Obstacle Race Training*, you'll conquer every challenge.

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