

# **Download 80 20 Running Run Stronger And Race Faster By Training Slower Matt Fitzgerald**

Run Stronger and Race Faster by Training Slower. In his bestselling book 80/20 Running, Matt Fitzgerald makes the case for slowing down to get faster and shows runners how to break out of the “moderate-intensity rut.” TRAIN EASIER TO RUN FASTER This revolutionary training method has been embraced by elite runners—with extraordinary results—and now you can do it, too. This revolutionary training method has been embraced by elite runners—with extraordinary results—and now you can do it, too. Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program—in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity—is the best change runners of ... Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program—in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity—is the best change runners of all a