

# **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.”80/20 Running. Run Stronger and Race Faster by Training Slower. 2014 New research proves that runners of all experience and ability levels improve most when they do 80 percent of their training at low intensity.Hi! I just came across this post on Pinterest. I’m a somewhat beginner runner and I’ve been trying to find a way of eating that works for me, but still provides energy for running.It’d be nice to say I planned it this way from the start, but in all honesty, I had no idea at what rate I’d improve. In fact, with every new training program I started, I had in the back of my mind the hope that I could qualify for Boston in my next race.