

Run Intense: The Ultimate Guide to Running for Speed, Endurance, and Performance

Are you ready to take your running to the next level? If so, then you need to read Run Intense, the ultimate guide to running for speed, endurance, and performance.



Run: Intense, Book 2 by Glenn Haggerty

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1950 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 239 pages
Lending	: Enabled



Written by renowned running coach Glenn Haggerty, Run Intense provides everything you need to know to improve your running, including:

- How to develop a training plan that is tailored to your individual needs
- The best running techniques for speed, endurance, and performance
- How to fuel your body for optimal performance
- How to recover from your runs and prevent injuries
- And much more!

With Run Intense, you will learn how to run faster, longer, and better than ever before. Whether you are a beginner or an experienced runner, this book has something to offer you.

About the Author

Glenn Haggerty is a renowned running coach who has helped countless runners achieve their goals. He is the author of several books on running, including Run Fast, Run Long, and Run Injury-Free. Haggerty is also a certified strength and conditioning specialist and a USA Track & Field Level I coach.

Free Download Your Copy Today!

Run Intense is available now from all major book retailers. Free Download your copy today and start running your best!

ANATOMY of RUNNING

A TRAINER'S GUIDE TO RUNNING



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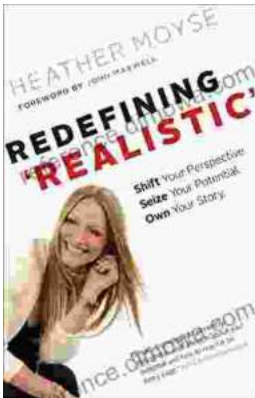
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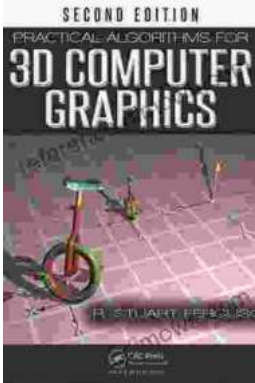
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