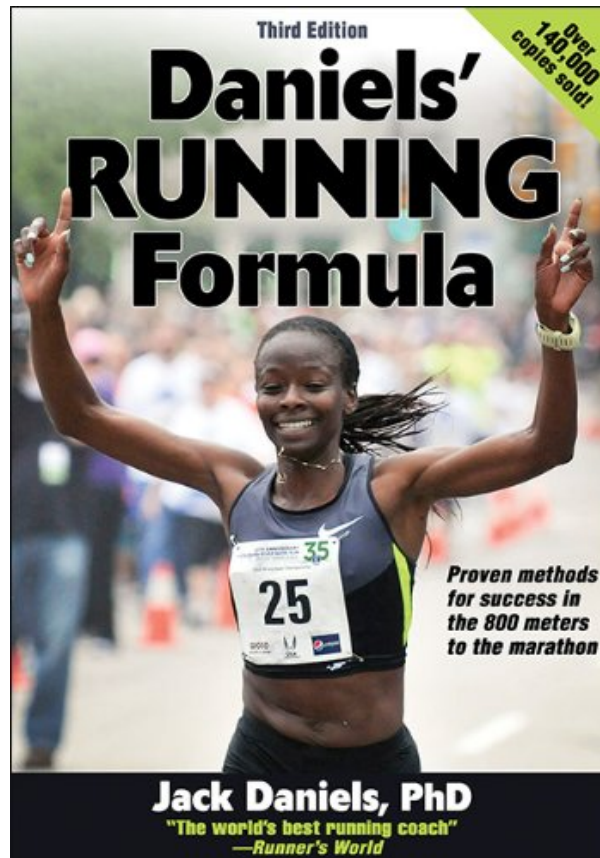
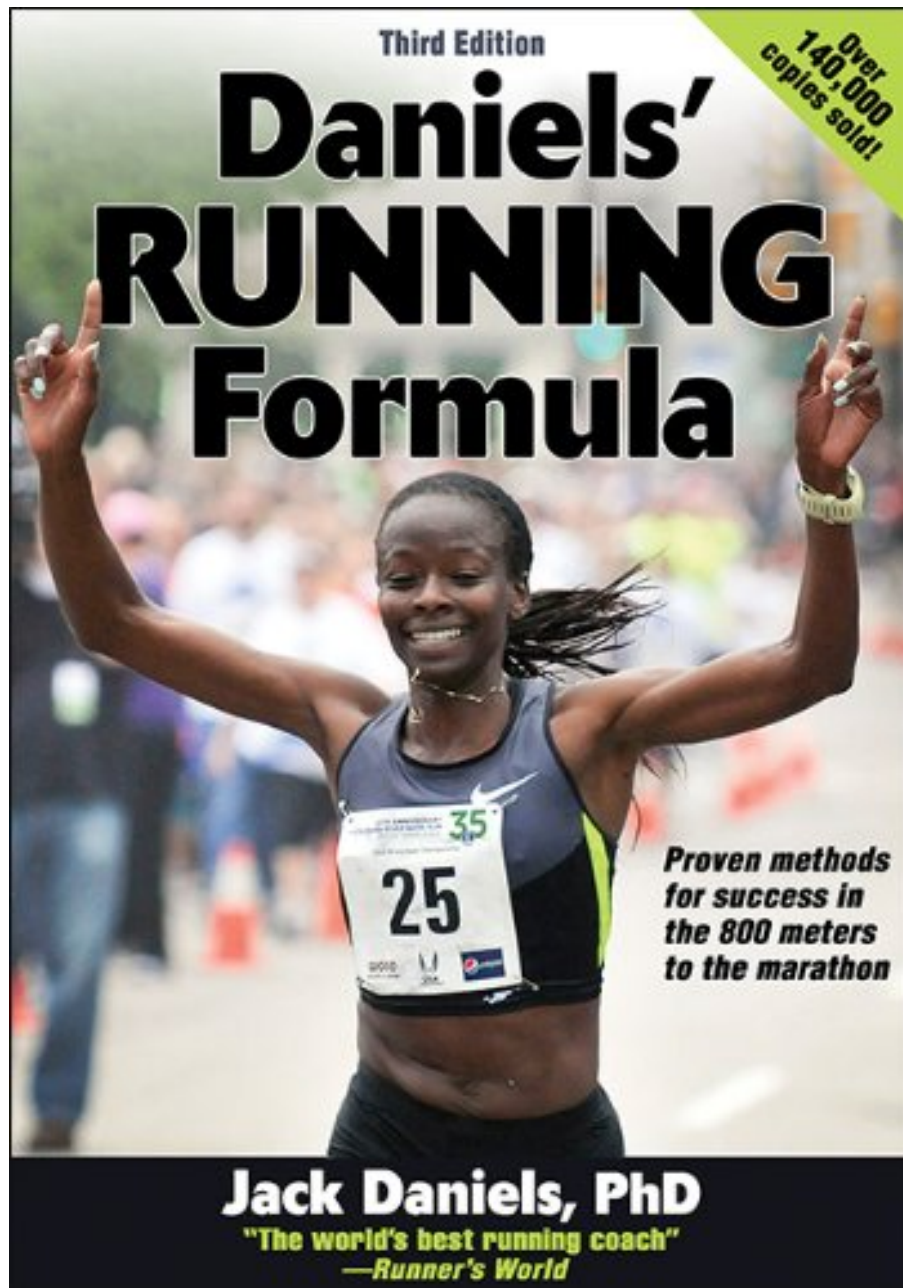


# DANIELS' RUNNING FORMULA-3RD EDITION BY JACK DANIELS



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## Review

"When most people see the name Jack Daniels, they picture a whiskey bottle. But runners will think about the renowned coach and exercise physiologist. At 81, Daniels has had a bigger influence on training-for-running than anyone. Indeed, he might be considered the Albert Einstein of the sport. His 1998 book, *Daniels' Running Formula*, unlocked the mystery of appropriate training paces for runners of all abilities. His philosophy was simple: Do the minimum amount of work for the maximum payoff."

## Runner's World

"In one way or another, today's serious runners abide by training principles rooted in Jack Daniels' research and philosophy and outlined in his famous book, *Daniels' Running Formula*."

## Running Times

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Get in the best shape of your running career with the help of Daniels' Running Formula, the book that Runner's World magazine calls the best training book. Premier running coach Jack Daniels provides you with his legendary VDOT formula to guide you through training at exactly the right intensity to run stronger, longer, and faster.

Choose a program to get in shape, target a race program, or regain conditioning after layoff or injury. Train for competition with programs for 800 meters, 1500 meters to 2 miles, cross country races, 5K to 10K, 15K to 30K, and marathon events. Each program incorporates training intensities to help you build endurance, strength, and speed. With Daniels' Running Formula, you'll track the time you spend at each level, train more efficiently, and optimize results.

Completely updated with new chapters on altitude training, seasonal programming, and treadmill training, Daniels' Running Formula, Third Edition, is the most comprehensive, accessible, and instantly applicable edition to date. Customizable to your current fitness level, competition goals, and schedule, the formula is the ideal solution for any race, anywhere, anytime.

Whether training or competing, get the results you're seeking every time you lace up with the workouts and programs detailed in Daniels' Running Formula.

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### Most helpful customer reviews

52 of 52 people found the following review helpful.

How to use this book if the science overwhelms you

By Running Deer

Before I start, a couple of pieces of information that may help. First off, I find the science in this book to be a bit overwhelming at times, and I've been teaching at the university level for more than twenty years--just not in the sciences. I have a doctorate and three master's degrees, and I still find my brain swimming when I try to make it through some of the scientific info. That's just the way it is--the science isn't for everyone, and you shouldn't give up on this book if the science sections don't make complete sense--just don't read them. The information isn't at all necessary for improving your running. It's cool to know if you do make it through, but it doesn't matter if you don't.

Second, I used the DRF ten years ago (at age 44) to go from an 18:55 5k to an 18:05 in about six months. I just got back into competitive running last year (after several years of doing ultras), and I had no real speed at all. After three or four months, I found I wasn't improving my times much, so I decided to give Daniels another go-round and bought the new edition. On November 1, 2014, I did a 6k in 24:52 (a 6:40 pace). Then I bought this book and started the 5k program, and in March of 2015 I did a 10k in 39:36 (a 6:23 pace). That

pace, of course, would have been faster had I done just a 6k, so there is evidence in my experience that shows that this program works if you give it a chance.

Here's what I've done, and what I recommend to others to whom I've given this book. First off, you need a current running time for a specific distance. If you don't have one, go get one, either by signing up for a local 5k or going to a high school track and pushing yourself for a mile. And it has to be a decent effort on your part, not just a leisurely jogging time, otherwise this program will be useless to you. With your time, go to Table 5.1, VDOT values (page 81 in 3rd edition), and find your time, then find the associated VDOT, which is listed to the right and the left of all the times. For example, if you did a 49-minute 10k, your VDOT will be 41. That's the most important thing to know.

Now you need to choose a training program. I'm doing 5k, so I go to Chapter 11. If you're a very beginning runner, start on Phase 1, page 176, for 4 to 6 weeks. If you've been running but not necessarily pushing yourself hard, then start on Phase 2, page 180. You'll find there a full workout for you that can last as long as you want it to, and that will improve your times. Let's look at Week One of Phase 2. You start with a long run, then do an easy run with 10 strides, and then on the third day, you find your first quality workout: 2E (two miles easy run) + 2 sets of (8 x 200R w/200 jog) w/ 800 jog between sets + 2E. I sometimes modify the starting and ending 2E to either 1 mile easy or 1 1/2 miles easy, depending on time constraints, but the sprinting you'll want to keep. The question you have to answer now is what does 200R mean? For that, go to page 84, Table 5.2, for the Training intensities table.

There you'll find that since your VDOT is 41, you should be running each of these 200's at 51 seconds.

And that's really all you need to know. If your training says 2E + 5 x 1kT w/ 2 minutes rest + 2E, you're going to find that your pace for one kilometer at a 41 VDOT is 5:00 even. So you'll run a kilometer in five minutes, rest for two minutes, run a km in five minutes, rest for two minutes, etc. All of your paces are on pages 84-85, for Easy, Marathon, Threshold, Interval, and Repetition. Personally, I would recommend reading chapter four in which Daniels talks about each of these paces and what you're trying to accomplish with them, but it's not absolutely necessary for the training.

Keep in mind that after a few weeks the paces will probably become very easy for you, and then it's time to move to a new VDOT. Just be careful when you do so that you're not moving up too early--injuries and burnout can easily happen. Also, keep in mind that Daniels is a strong advocate of rest, and makes it clear that there's no problem making one or two of the E days complete rest days. I run six days a week, and rest one.

You'll notice that many of the workouts have strides indicated (+10 ST, for example). He defines strides on page 177, paragraph 4: "are not all out sprints but are light, quick runs that last about 10 to 15 seconds each, with about 45 seconds' rest after each stride."

Personally, I have read the whole book, and I'm glad I have, but I would recommend doing so after you have your running plan worked out. The scientific info supplements what you're doing, but you don't need to know it to improve as a runner. My strategy is simple, and I use index cards: I write down one week's worth of runs on a card, and then I write the two quality workouts on separate index cards to take to the treadmill with me in the winter, and to the track in the summer. And by the way, these workouts are wonderfully suited to the treadmill--once I set a speed on the treadmill, I have to maintain that pace for the entire time indicated.

I hope this helps! Have fun training!



19 of 20 people found the following review helpful.

Jack has done it again

By Peter Pfitzinger

Actually bought 2 copies of Daniels' Running Formula and gave one to a prominent coach here in New Zealand. The 3rd edition is up to Jack's usual high standard-no one else has his level of experience and insight. Would recommend this book to any runner wanting to improve performance.

Pete Pfitzinger

5 of 5 people found the following review helpful.

Best Training Guide for Runners of ALL abilities!

By Jami

I consider myself relatively new to running, having only picked up the sport just over two years ago as a way to drop some excess weight. Little did I know how life changing it would be! I'm a 49 year old woman and have fallen in love with running. To date I've only ran two organized races, a 10k and a 5k, because I mostly run for myself and for the joy of it.

I log about 15-20 miles a week on average. This year, however, I plan to run my first half-marathon. When training for the 10k and 5k, I consulted other running friends and found training plans online that worked for me. Still, the more I ran, the more I wanted to learn about how to improve my running. I kept hearing about the Jack Daniels programs, so when I saw there was a new edition of the popular book out, I grabbed it! I couldn't be more pleased!

Jack Daniels lays it out in easy to read and follow language. He starts out with the ingredients to success which explains how we are all different, but that doesn't mean we each cannot be successful at running. No, we may not all become elite runners, but the personal achievements are the important part. As the book progresses, he covers training for all levels of runners and pretty much every type of training - from getting in shape to running a marathon - and everything in between! There are complete training programs in the book. I suppose it's the next best thing to having a personal coach, except that you don't get the motivation and personal review of your progress along the way.

Even if you're like me and simply enjoy running but are not ready to sign up for every organized race possible, this program will guide you into being the best runner you can be. I highly recommend it!

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