



# Daniel's Running Formula

*By Jack Daniels*

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## Daniel's Running Formula By Jack Daniels

Coaching legend Jack Daniels gives you everything you need to put together a complete program for training and racing: Daniels' VDOT formula for determining your ideal training pace; four comprehensive phases of training and how to customize them to fit your individual schedule; pacing tables and detailed programs for 1500 to 3000 meters, 5K to 15K, half-marathon, and marathon; winning race strategies; and intensity guidelines to prevent overtraining and injury.

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## **Daniel's Running Formula By Jack Daniels Bibliography**

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### Editorial Review

#### Review

"This book is a fine example of the perfection that the running world has come to expect from Jack Daniels. Well thought out, concise, and purposeful, it embodies the training programs of time-proven principles that enhanced my own running performances. Simply put, Daniels' formula works. This book is a must read for every runner and coach interested in achieving peak performance."

#### From the Publisher

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Jim Ryun Former world record holder—880 yds, mile, and 1500m Three-time Olympian

"Great book! Its organization and explanations are long overdue. The book is full of technical information that is reader friendly. A huge bonus is the anecdotal information that is most helpful in understanding a variety of issues related to running."

Joan Benoit Samuelson Two-time Boston Marathon champion Gold medalist, 1984 Olympic women's marathon

"Whether you are a beginning runner or an aspiring Olympian, Jack Daniels' formulas can help you achieve your full potential with the least risk of injury or illness along the way."

Alberto Salazar 1980 and 1984 U.S. Olympic Marathon team member 6-time U.S. National Champion in long distance events

#### About the Author

Jack Daniels has been head track and cross-country coach for both men and women at the State University of New York at Cortland since 1986. Under his guidance, Cortland runners have won seven NCAA Division III National Championships, 24 individual national titles, and more than 110 All-America awards. Called "The World's Best Coach" by Runner's World magazine, Daniels' has advised some of America's finest runners, including Jim Ryun, Alberto Salazar, Joan Benoit Samuelson, Doug Padilla, and Ken Martin.

Daniels' first sport of interest was swimming, which he competed in at the University of Montana. He got involved in running while serving in the army in South Korea in 1956, when he began participating in triathlons involving swimming, pistol shooting, and running. In his first competition, he placed last in the run but second overall. Continued success in these events led him to compete in the modern pentathlon in the 1956 Melbourne Olympics, where he won a silver medal, and the 1960 Rome Olympics, where he won a bronze in team competition.

In the years between Olympics, Daniels studied exercise science at the Royal Gymnastics Central Institute in Stockholm, Sweden, under Per Olof Astrand, one of the world's best sports scientists. Daniels went on to earn a doctoral degree in exercise physiology at the University of Wisconsin.

In addition to serving as a consultant to the U.S. Olympic Track Team and Sports Canada, Daniels was coach

of the Peruvian National Track and Field team for one year. Also, he has twice been named NCAA Division III Women's Cross Country Coach of the Year. Daniels currently lives in Cortland, New York.

## **Users Review**

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#### **Donald Foster:**

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