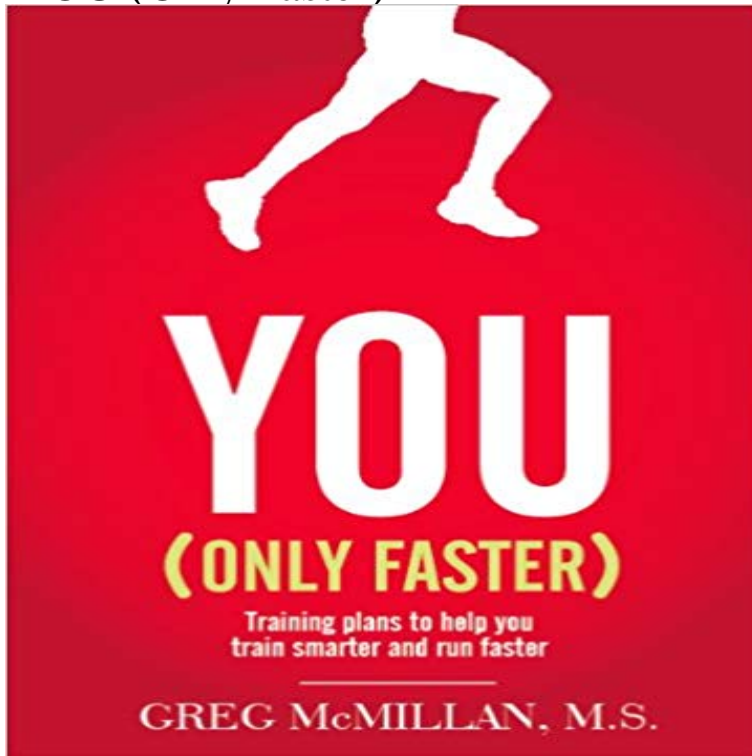


YOU (Only Faster)



YOU (Only Faster) is a departure from the traditional running book as Greg McMillan walks the reader step by step through the process he uses to create his successful customized training plans, teaching you how to tweak a plan based on your own strengths and weaknesses as a runner. Find out the secrets behind Gregs 20 years of success in coaching athletes of all ages and abilities from beginners to Olympians! Greg McMillan is one of the best and smartest distance-running coaches in America. - Amby Burfoot, Runners World Magazine I had the privilege of running under Gregs tutelage during our time working with Italian coach, Gabriele Rosa. Greg understands the needs of the athlete and how to prepare for a peak performance on race day. If youre an athlete and want to train smarter and run faster, study his methods. If youre a coach, get your pen and notebook ready, Gregs training philosophy works. - Josh Cox, American Record Holder With YOU (Only Faster), Greg McMillan illustrates the sound methods of training endurance runners which has made him one of Americas top distance coaches. Every runner and coach who is serious about improvement will benefit from this outstanding book. - Joe Vigil, Olympic Distance Coach

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