

Spend two hours with Pete Magill's *Fast 5K* and you'll know how to run your fastest 5K.

In his fast-paced, ultimate guide to 5K running races, celebrated running coach Pete Magill reveals the 25 crucial keys to setting your next 5K personal record. Magill shares hard-earned lessons he gained while leading 19 teams to USA national championships and setting multiple American and world age-group and masters records.

To run your fastest 5K, you'll need smart preparation. Magill shows how you can achieve top running fitness and racing readiness. The 25 crucial keys to unlock your fastest race include how to figure out optimal training volume and intensity, pace tempo runs for maximum benefit, strengthen and build muscle fibers with hill running, design routines that really work, prevent injury, utilize a healthy diet to reach your ideal racing weight, race tactically from start line to the finish, and much more!

In addition, *Fast 5K* includes 12-week and 16-week training plans to suit runners of all abilities. Whether you are new to the distance or toeing the line again for a personal best, *Fast 5K* is a must-have resource for reaching your goals.

READ BY ADAM BARR

 **Dreamscape**

Runtime: 4h. 4m. • Unabridged

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AUDIO

FAST  
5K

PETE MAGILL

Adult

 **Dreamscape**

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THE ALL-IN-ONE AUDIOBOOK

