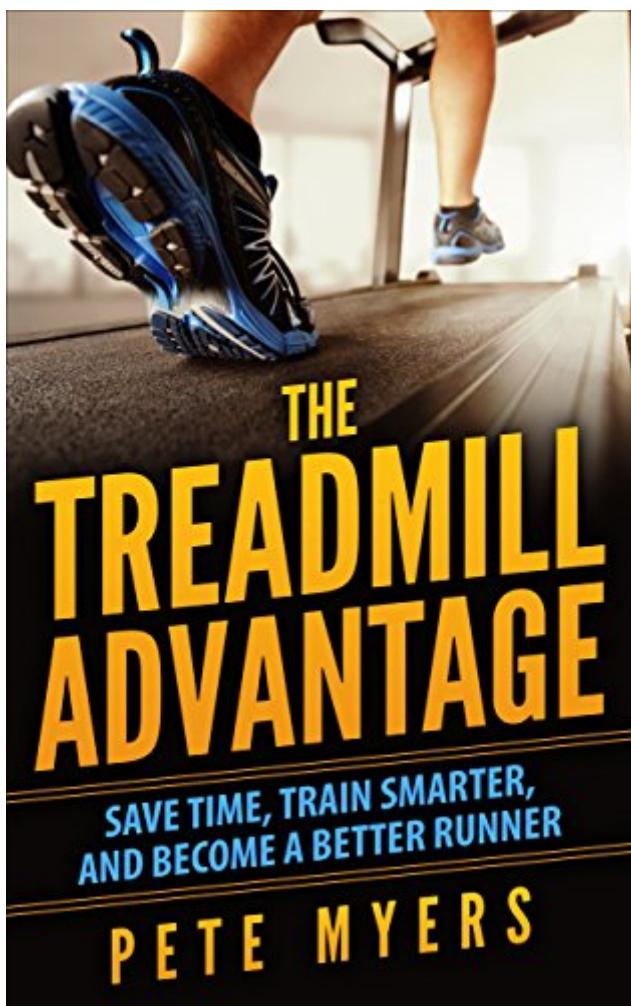


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# The Treadmill Advantage: Save Time, Train Smarter, And Become A Better Runner



## Synopsis

Treadmills are AwesomeThe treadmill is trusted by coaching legends, elite runners, and Olympians. If it is good enough for them, it is safe to say that it is good enough for everyone that runs. This knowledge is important because sometimes people have a negative connotation about treadmills that can cause a person to doubt the effectiveness of their workouts. Nobody wants to work hard while having a nagging question in their head, "Am I wasting my time by not running outdoors?" • Fear not. This modern-day device is the real deal and can help you achieve your running and fitness goals.Key FactorIn chapter seven, learn a key factor to prevent unknowingly training at the wrong pace on the treadmill. As you may already know, most books and online training programs use past race performances to determine paces for the different types of running that make up most plans. Instead of mistakenly using the wrong speed and effort, you will learn a technique that makes following these pace-specific training plans a joy on the treadmill; not to mention, very helpful.Recent Customer Reviewsâ œFull of precious information and I highly recommend it to both novices or experienced runners!â •â œFantastic read.â •â œA well thought-out book with lots of great ideas for both a novice or experienced runner.â •â œI loved it and will apply what Pete has shared from his experience and knowledge to become a stronger, faster runner!â •â œWell worth the read for anyone that runs or is considering running.â •"Good information about treadmill running, and perfectly organized and presented." "Concise and to the point."FAQDoes the book provide training advice?Yes, there are nuggets of training advice throughout the book. However, I do not cover any specific training programs (there are books dedicated to that). If that is something you are looking for, I highly recommend any based on the coaching of Jack Daniels. Often, people refer to him as "The World's Best Coach," • and for a good reason. He has been coaching some of the worldâ ™s top runners for over fifty years. In his book, Danielsâ ™ Running Formula, he covers training plans from 800-meter to marathon distance and everything in between. Additionally, you can find his training programs online at the Run S.M.A.R.T. Project.What treadmill do you use in training?Despite two runners in the household and thousands of miles, our Precor 9.23 purchased in 2009 is still meeting our current training needs perfectly. While there are a handful of manufacturers making great treadmills, I highly recommend Precor.What recourse do I have if I dislike the book?If you don't enjoy the book or find it useful, you can request a refund via . Type "Return Kindle eBooks" • in â ™s search field for instructions.If you have any questions or just want to correspond about running, I'd love to hear from you. Please contact me via email at myers.pete@outlook.com. Also, please consider leaving a review on . Thanks!Happy running!

## Book Information

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## **Customer Reviews**

Treadmill is really a useful tool but unfortunately many people don't take advantage of it because they (wrongly) think that running on a treadmill is not running. Well, I hope this excellent book will be read by many of them :) Peter Myers explains very well and very simply how to take advantage of the treadmill and the mistakes to avoid. This little book is full of precious information and I highly recommend it to both novice or experienced runner!

I rated this a 5 because it is excellent for only \$2.99. It has good information about treadmill running, and is perfectly organized and presented. Quick and easy to read. The author also included some of his personal experiences with running and treadmill running.

Fantastic read. Straightforward and to the point book about running. I feel treadmills are an underrated tool for running. In Michigan we have winters, and at times it can become unsafe to run outside.

Great insight and information by Pete Myers on running improvement. His perspective sheds light on the benefits in utilizing the treadmill as a tool to better running. I loved it and will apply what Pete has shared from his experience and knowledge to become a stronger, faster runner!

A no nonsense facts based perspective of running on a treadmill versus outside. Very informative and includes ideas to make your own running program, backed up by the authors own experience and mistakes. Well worth the read for anyone that runs or is considering running.

Pete Myers is concise and to the point, qualities I love in a booklet like this. Confirmed what I know and gave me new facts to work on.

Very general, no real useful information you can actually use, very disappointed. It does not give particular advice to train on treadmill. Anyone at the gym or at a shop could tell you the same thing.

The Treadmill Advantage was a well thought out book with lots of great ideas for both a novice or experienced runner. For those of you thinking of taking up the hobby it is a must read. Pete answered a lot of questions that I had about treadmill running versus outside running. It is a quick read, well thought out, and a lot of life running experiences.

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The Treadmill Advantage: Save Time, Train Smarter, and Become a Better Runner  
Runner's World Train Smart, Run Forever: How to Become a Fit and Healthy Lifelong Runner by Following The Innovative 7-Hour Workout Week  
Runner's World Runner's Diet: The Ultimate Eating Plan That Will Make Every Runner (and Walker) Leaner, Faster, and Fitter  
The Maze Runner (Maze Runner, Book One) (The Maze Runner Series)  
Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program  
Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program  
Runner's World Running on Air: The Revolutionary Way to Run Better by Breathing Smarter  
The First 20 Minutes: The Surprising Science of How We Can Exercise Better, Train Smarter and Live Longer  
1% Fitness: Move Better. Train Smarter. Live Longer. The First 20 Minutes: Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer  
Essential Resource Guide for Caregivers: Save TIME, Save MONEY, Save Your SANITY! (Second Edition 2017)  
Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Dog Training

-Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience( Puppy Training, Pet training book) (Dog Taining, ... training books,How to train a dog, Book 2) To Be a Runner: How Racing Up Mountains, Running with the Bulls, or Just Taking On a 5-K Makes You a Better Person (and the World a Better Place) Sleep Smarter: 21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success Murphy Meets the Treadmill JUST GO! Leave the Treadmill for a World of Adventure Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster Retrofitting Blade Runner: Issues in Ridley Scott's Blade Runner and Phillip K. Dick's Do Androids Dream of Electric Sheep? Retrofitting Blade Runner: Issues in Ridley Scott's Blade Runner and Philip K. Dick's Do Androids Dream of Electric Sheep?

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