



# **Alberto Salazar's Guide to Road Racing : Championship Advice for Faster Times from 5K to Marathons**

*Alberto Salazar, Richard Lovett*

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## A PAPERBACK ORIGINAL

**A complete program for taking runners to the next competitive level, from one of the world's greatest marathoners**

Written by distance runners' Hall of Famer Alberto Salazar, *Alberto Salazar's Guide to Road Racing* arms novice and veteran runners, 5Kers, and ultramarathoners alike with a complete program for running farther, faster, and with greater reward and enjoyment.

Drawing upon his experiences, Salazar offers expert training advice tailored to specific events, showing runners of all ages and abilities how to customize their workouts for maximum physical and mental toughness.

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