

IMPROVING THE THRESHOLD AND EFFICIENCY OF RUNNERS AT ALL LEVELS

Bob Larsen

- **Documentary and Books**

“City Slickers Can’t Stay With Me” – boblarsenfilm.com

Meb Keflezighi – “Run to Overcome” and “Meb for Mortals”

Joe Vigil – “Run to the Top”

- **Anaerobic Threshold Training**

Description

Evolution

Scheduling

Implementation

Progressive

Structured

Frequency

Weekly

Seasonally

Duration

Intensity

Benefits

continued on reverse...

- **Biomechanics**

- Analyzing Efficiency

- Ground Contact Time

- Stride mechanics

- Front Side Loading

- Lazy Trail Leg

- Correcting Errors

- Tempo Drill

- Skipping

- Jim Hunt – “Gold Medal Dynamics”

- Ralph Mann – “Stride Mechanics”

- **Meb at 40**

- Age Adjusted Training

- Cross Training – ElliptiGo

- Marathon Olympic Trials

- **Summary**

- Balanced Training

- American Distance Running Progress