

TOP 10 RUNNING RESOURCES

Inside you'll find:

- ✓ *Top tools*
- ✓ *Top forums and blogs*
- ✓ *Top tips and how to's*



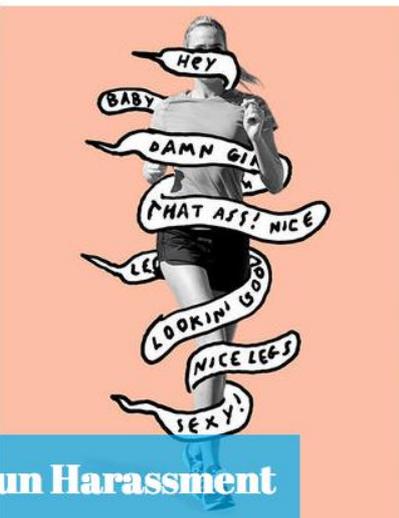
Congratulations and thanks for getting your copy of our resource report. Inside, we share our top tools and sites so you can get results faster.

Keep in mind, you could have all the greatest tools and resources in the world, but if you don't take action on it, you won't see results. Be sure to most of the resources provided here.

With that said, here are our top tools and resources we recommend.

1. Runner's World

<https://bufferapp.com>



LATEST ON RUNNER'S WORLD

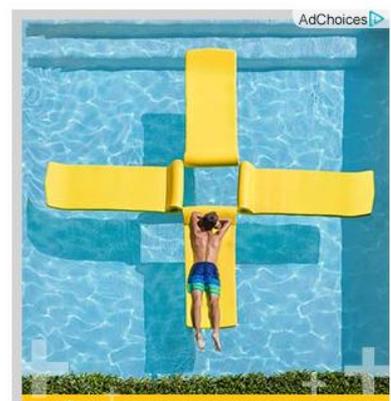


10 HOURS AGO

With NYRR's New Drug Testing Initiative, Another Step to Deter Cheating at Sub-Elite Levels

By [Mike Gruss](#)

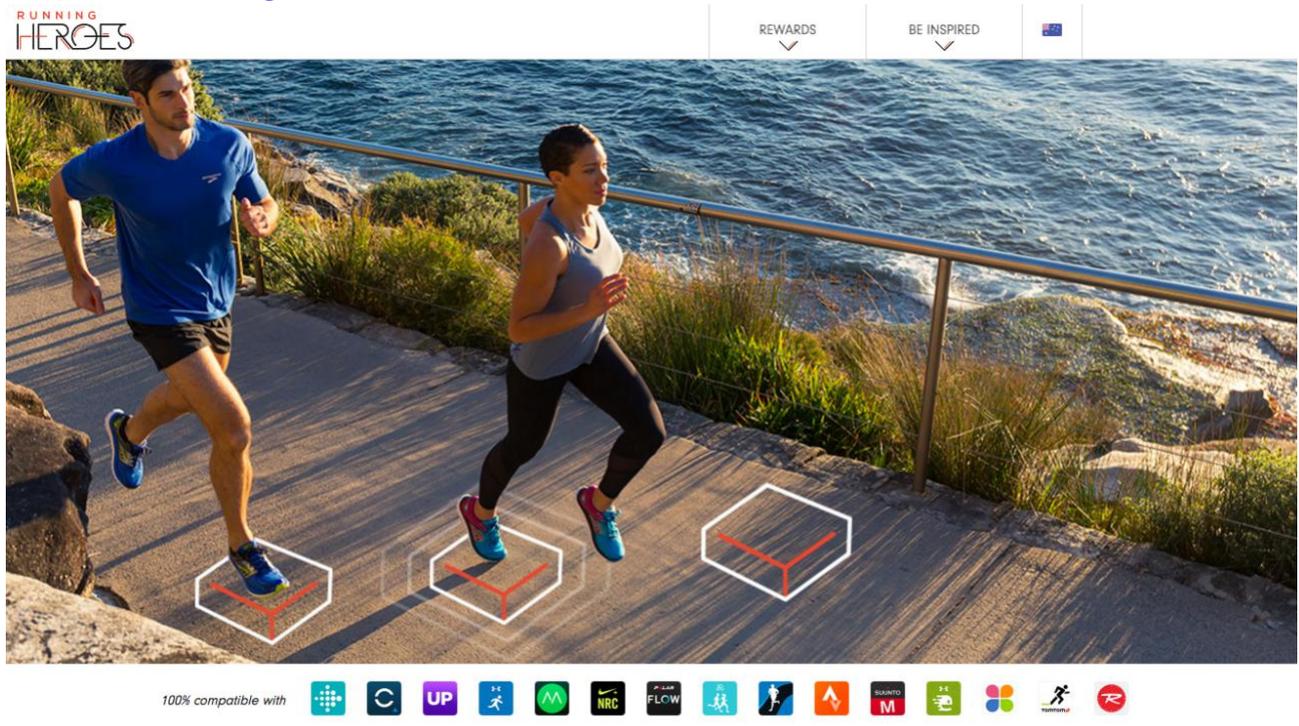
Runners using performance-enhancing drugs are seen to be targeting any race with prize money.



Almost everything running! You'll find news, articles, events, tips, shoes, training, nutrition, and more. They even have a forum!

2. Running Heroes

<http://runningheroes.com>



HOW **RUNNING HEROES** WORKS?

A must for any runner! Running Heroes is a social networking enabled platform that connects up with many running devices. It rewards you for running!

3. The 25 Golden Rules of Running

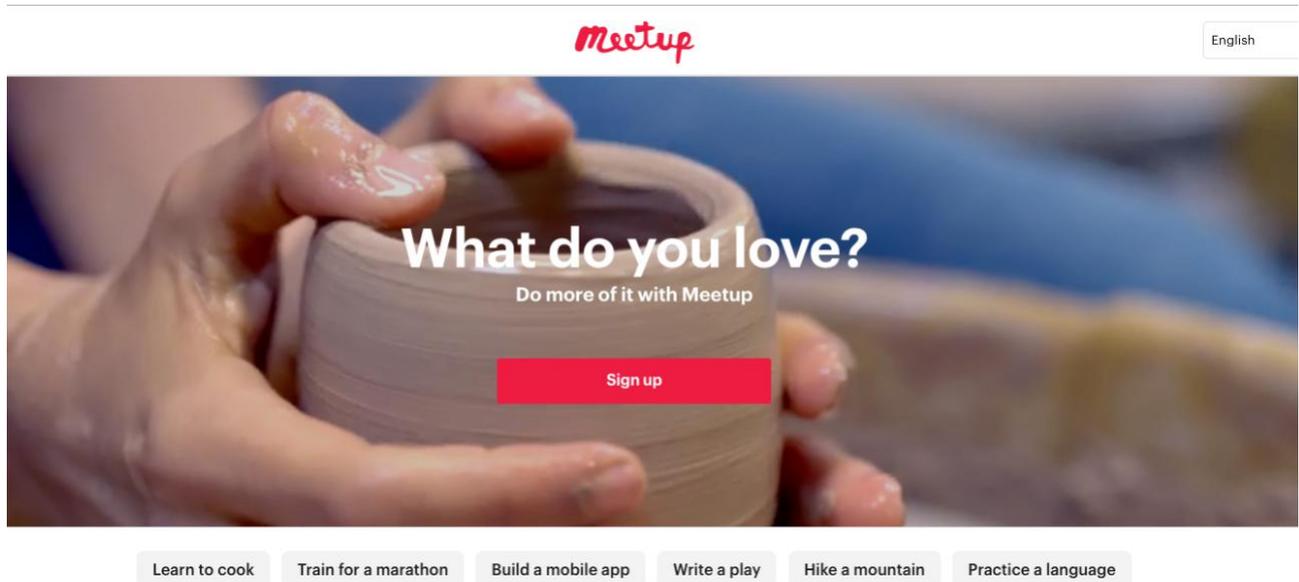
<http://www.runnersworld.com/running-tips/the-25-golden-rules-of-running>



A must-read for any beginner runner!

4. Meetup.com

<http://meetup.com>



The place to go to find groups around almost any hobby. In this case, running!

Simply search for “running” and you’ll find a list of groups around your area or nearby.

5. Running Network

<http://runningnetwork.com/>

The screenshot shows the Running Network website homepage. At the top, there are navigation links for "National Calendar", "Results", "Club Finder", and "Store Locator". A search bar is located on the right with the text "Go to a Publication Near You!". The main logo for "RUNNING NETWORK LLC" is prominently displayed. Below the logo is a horizontal menu with categories: HOME, NEWS, FEATURES, RESOURCES, MEDIA, RUNNING NETWORK, PRODUCT REVIEWS, and ADVERTISE. A large banner for the "RUN BARBADOS MARATHON WEEKEND 2016" is featured, with the tagline "Come for the run, stay for the fun!". The "Latest News" section contains several articles:

- Four Team USA Minnesota Runners Coaching Twin Cities Cross Country Teams this Fall**
Written on 18 October 2016, 07:30 by runchuckit. Minneapolis/St. Paul - Oct. 18, 2016 - Four Team USA Minnesota distance runners - Meghan Peyton, Heather Kampf, Rob Molke and Katy Moen - are coaching either college or high school cross country teams in the Twin Cities area this...
- 2016 Columbus Marathon**
Written on 17 October 2016, 11:37 by Sarah Irvin Clark. The October 16th Nationwide Children's Hospital Columbus Marathon & 1/2 Marathon featured a field of 18,000 participants and, over the past five years, has raised more than \$5.8 million for the hospital. Following were highlights of the...
- Rock 'n' Roll St. Louis Announces The Urge as Post Race Headliner**
Written on 14 October 2016, 07:35 by runchuckit. Alternative rock band to perform at finish line festival in downtown St. Louis.
- Rock 'n' Roll St. Louis Half Marathon to Host Missouri Runner & Triathlete Club Running Championships**
Written on 13 October 2016, 09:39 by runchuckit. Race will debut brand new...

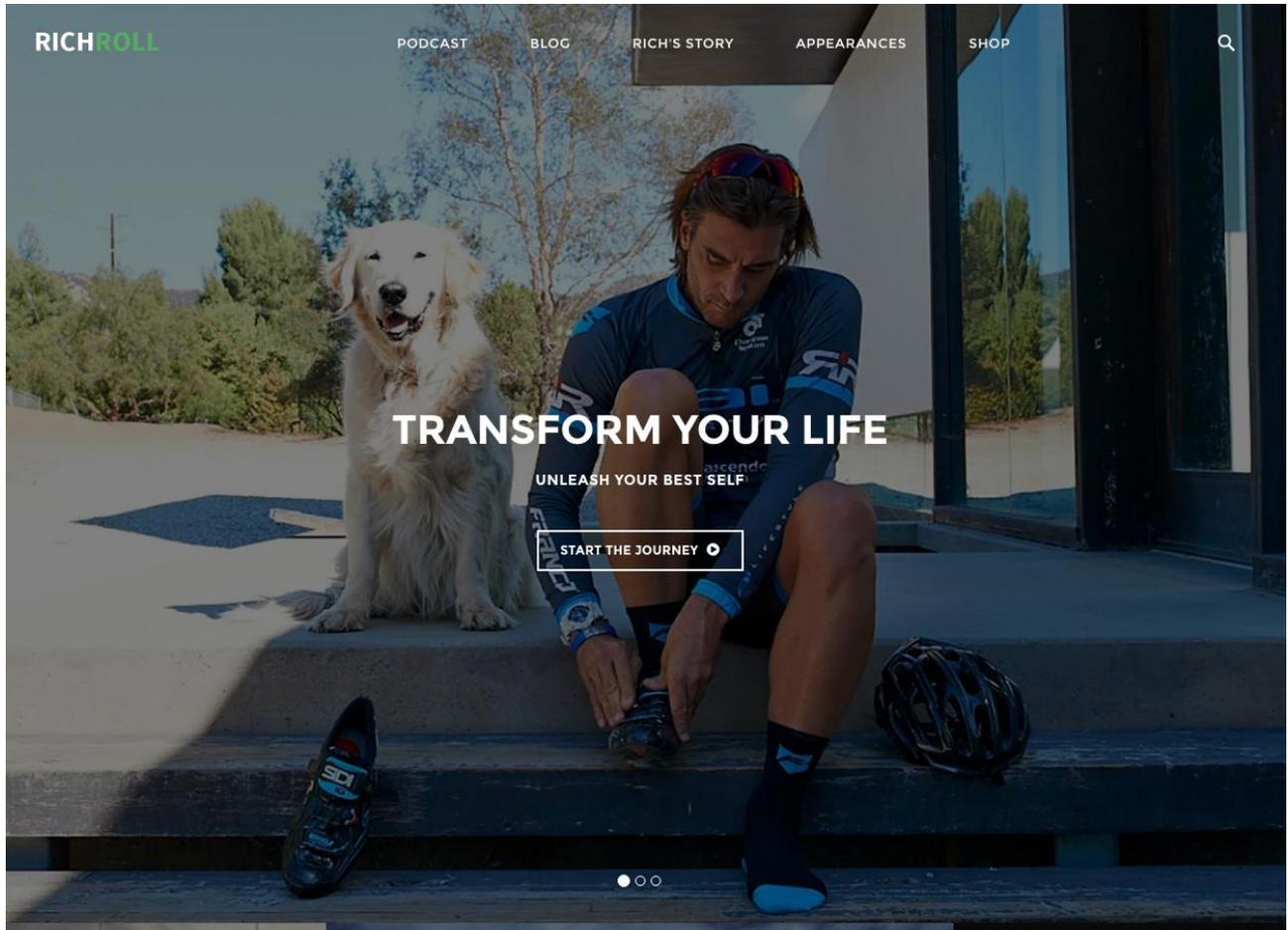
On the right side, there are featured content blocks:

- 2016 HOKA ONE ONE Athlete Interview Series**
2016 HOKA ONE ONE Athlete Interview Series: Kellyn T...
RunBlogRun presents: 2016 HOKA ONE ONE Athlete Interview Series: Kellyn Taylor P...
Sep 19, 2016 10:29 PM
- 2016 HOKA ONE ONE Coaching Interview Series: Jen Ros...**
- 2016 HOKA ONE ONE Fall Cross Country Training Program**
- 2016 HOKA ONE ONE Cross Country Fall Training Progra...**
Your racing has gone on now for 8 weeks. Juniors and seniors: You should

Running events and news.

6. Rich Roll

<http://www.richroll.com/>



Rich Roll has his own podcast and talks about life, food choices, motivation and running.

7. No Meat Athlete

<http://www.nomeatathlete.com/>



The screenshot shows the homepage of the 'No Meat Athlete' website. The header features a cartoon carrot character running, the title 'No Meat Athlete', and the tagline 'Runs on Plants'. Navigation links include ABOUT, SHIRTS, ARCHIVES, CONTACT, START HERE!, RESOURCES, GEAR, RUNNING GROUPS, BOOK, RECIPES, and PODCAST.

The main content area features a featured article titled 'Dr. McDougall and the Healthiest Diet on the Planet' written by Doug Hay. The article includes a photo of Dr. John McDougall and a 'NO MEAT ATHLETE' logo. Below the photo, there is a caption: 'Dr. John McDougall is a giant in the plant-based nutrition community, but his approach is surprisingly different from that of many of his colleagues.'

On the right side, there is a green call-to-action box for a 'Beginner's Guide to Becoming a No Meat Athlete' with a 'GET IT FREE!' button. Below this is a link to 'click here to get updates about new blog posts (without the Beginner's Guide)'. At the bottom right, there is a book cover for 'MARATHON ROADMAP: The Plant-Based Guide to Conquering Your First 26.2' by Matt Frazier.

This blog is focused around a “no meat” diet for athletes.

8. Training Plans

<http://www.jeffgalloway.com/training/5k10kschedules/>



HOME ABOUT JG 13.1 LEARN TRAINING TRAINING GROUPS RETREATS E-SHOP



TRAINING

5K / 10K Schedule

Beginners

Customized Training

E-Coaching by Jeff

ElliptiGO

Half Marathon Trng

High Energy Half

Marathon Training

Run Walk Run

5K/10K TRAINING SCHEDULES

- Don't wait to take walk breaks. By alternating walking and running from the beginning, you speed recovery without losing any of the endurance effect of the long one.
- Be sure to do the running portion slow enough at the beginning of every run (especially the long run) so that you'll feel tired but strong at the end. The conservatism will allow you to recover faster.
- Every other day you can cross-train instead of walking. Cross country ski machines, water running, cycling, and any other other mode which you find fun and interesting (but non-pounding) will improve overall fitness.
- Stay conversational on all of your exercise sessions. This means that you should be exerting yourself at a low enough level that you could talk. It's okay to take deep breaths between sentences, but you don't want to "huff and puff" between every word.
- As the runs get longer, be sure to keep your blood sugar boosted by eating an energy bar (or equivalent) about an hour before exercise.

5k Training Schedule							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	walk or XT (cross training)	run 10-15 min	walk or XT	run 10-15 min	walk or XT	off	1 mile
2	walk or XT	run 15	walk or XT	run 15	walk	off	1 mile

Get access to plans based on your level and goals!

9. Map My Run

<http://www.mapmyrun.com/>

mapmyrun TRAINING ROUTES CHALLENGES BLOG [SHOP](#) LOG IN [SIGN UP](#)

MAKE EVERY MILE COUNT, JOIN FREE TODAY

You pound the pavement, we provide the motivation. Plan each stride and learn from every route with MapMyRun.

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Already a member? [LOG IN](#)

By joining MapMyRun, you agree to the [Terms & Conditions](#) and [Privacy Policy](#)

- MAP YOUR ROUTE**
Know where you're going, see where you've been. We have over 70 million routes to choose from - or be bold and create your own.
[Check it out](#)
- TRACK YOUR ACTIVITY**
Record activity with our mobile apps, import data from third-party devices, enter workouts manually and never miss a beat.
[Check it out](#)
- LOG YOUR FOOD**
Fitness isn't just an activity, it's a lifestyle. Keep track of what you eat alongside your workouts to get a complete picture of your health.
[Check it out](#)
- SHARE WITH FRIENDS**
Add a social twist to your exercise routine. Get extra encouragement, cheer on your buddies or start a little friendly competition.
[Check it out](#)

Map out your run without GPS.

10. 50 Running Resources

<http://dailyburn.com/life/fitness/best-running-resources-speed-strength/>