



The 50 Best Tips Ever for Running Fitter, Faster and Forever (Instructional Videos and Running Plans Included)

Scott Welle

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I tried everything. Changing shoes, changing nutrition, changing my running form and changing my training plan. I even prayed to the running gods! It didn't matter. Every time I'd bolt out the door for a run something new would hurt. I was a broken down, frustrated runner. The most common pain was in my calves and I used to joke that you could flip a coin for which one was going to hurt that day. Because of this, I wasn't getting fitter and my times certainly weren't getting faster (in fact, they were getting slower). Running wasn't fun.

Even though it seems like only yesterday, that was five years ago. At the time, the more things I changed, the more it felt like I was wasting my time. But slowly my running started to improve. My body felt better...and healthier. I got fitter...and I got faster. I'm an experimenter at heart - I love tinkering with different things and trying to figure out not only what works...but what works the best. In this case, I was after the secret sauce of running.

And I believe I've found it.

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