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Heart Monitor Training for the Compleat Idiot

By John L. Parker



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Heart Monitor Training for the Compleat Idiot By John L. Parker

You have nothing to lose but your old PR's!

Attention Runners, Triathletes, Cyclists & Fitness buffs!

Do you suspect that your best race or sleekest body is in there somewhere, waiting for the right schedule, coach, or series of workouts to bring it out? The author agrees. He thinks most athletes and fitness buffs train incorrectly.

This book is the only one on the market that comes with a guarantee: Use the system for a month and if you're not running or training better than you ever thought possible, return it for a refund and an apology! The book even includes a chapter of case histories of runners who began using the program and within weeks started seeing amazing improvements. And not by running harder, but by using the heart monitor to ensure that their recovery days were run easy enough!

The author offers athlete/readers the following enticements:

- * Race and train better than you ever thought possible
- * Get fewer injuries and avoid overtraining
- * Train efficiently without feeling tired all the time
- * Learn to USE a monitor, not just wear one
- * Get out the door in 10 minutes, WITH A PLAN!
- * Adapt the monitor to YOUR training, not the other way around



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Editorial Review

Review

"I tried Parker's heart rate monitor training program for two months, then obliterated my best racing records at 5K, 10K and 15K. And not just by a little." -- *Jeff Testerman, St. Petersburg Times*

"The bottom line is: I ran 20 PR's in 26 races." -- *Mark Guralnick, Running Times*

About the Author

John L. Parker, Jr. has been writing about runners and running since his competitive days as a member of the early Florida Track Club. His novel, *Once a Runner*, first published in 1978, has become a cult classic among runners.

The first edition of *Heart Monitor Training for the Compleat Idiot* was widely hailed as the first clear and cogent explanation of heart monitor training for runners. In 1996 using the training principles in this book, Parker finished the 100th running of the Boston Marathon, at age 50, in 2:58:45. As a masters triathlete, he has been ranked nationally, and has completed an Olympic distance triathlon in 2:09:15.

Parker has written for *Runner's World*, *Running Times*, *The Runner*, *Ultrasport*, *Outside*, and other magazines. He lives in Tallahassee, Florida.

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From Chapter 1:

Give me a month. Actually two would be better, but one should be enough to prove the point. Putting the simple training theory in this book to practical, day-to-day use will require some self-control--not to push yourself to train harder, but actually to do a lot of your running easier.

If, at the end of the month, you're not running, racing, and feeling better than you ever thought possible, send this book back to me, and I'll send you a refund and a certificate of apology suitable for framing.

I'm convinced the approach in this book is absolutely the best way to train for distance running events. I'm also convinced that most people--even some very good runners--do it wrong.

So do yourself a giant favor. Stick to this program for a month even if it seems strange or even silly at times. At the end of that time if you're not convinced, go back to what you were doing before--with a refund in your pocket and my humble apology framed on your wall.

If you're skeptical--as you may well be--I urge you to turn to Chapter 11 and read one or two of the actual case studies of runners who have used this method. They tell their stories in their own words, and you'll find their experiences both instructive and inspirational.

Once you realize from their experiences what you can achieve using this method, you'll find it easier to commit to a program that many athletes at first find counter-intuitive.

And one more thing. Forget all the cockamamie stuff you may have heard or read about using a heart monitor to make sure you're running in your training zone, and other such folderol--some of which information may actually come from the manufacturer of your heart monitor. In my opinion it's an utterly

useless way to approach heart monitor training. And it's misleading and will probably leave you more confused about using the technology than you were before you started.

Users Review

From reader reviews:

Eileen Lopez:

This Heart Monitor Training for the Compleat Idiot are usually reliable for you who want to be considered a successful person, why. The reason of this Heart Monitor Training for the Compleat Idiot can be one of the great books you must have is definitely giving you more than just simple reading through food but feed anyone with information that possibly will shock your earlier knowledge. This book is definitely handy, you can bring it everywhere and whenever your conditions at e-book and printed kinds. Beside that this Heart Monitor Training for the Compleat Idiot giving you an enormous of experience like rich vocabulary, giving you tryout of critical thinking that could it useful in your day action. So , let's have it and revel in reading.

Helen Woodyard:

Hey guys, do you would like to finds a new book to study? May be the book with the headline Heart Monitor Training for the Compleat Idiot suitable to you? The particular book was written by famous writer in this era. The particular book untitled Heart Monitor Training for the Compleat Idiotis the one of several books this everyone read now. That book was inspired many men and women in the world. When you read this e-book you will enter the new way of measuring that you ever know before. The author explained their idea in the simple way, and so all of people can easily to know the core of this publication. This book will give you a large amount of information about this world now. So that you can see the represented of the world on this book.

James Connell:

Your reading sixth sense will not betray a person, why because this Heart Monitor Training for the Compleat Idiot book written by well-known writer we are excited for well how to make book which can be understand by anyone who else read the book. Written in good manner for you, dripping every ideas and publishing skill only for eliminate your own personal hunger then you still doubt Heart Monitor Training for the Compleat Idiot as good book not merely by the cover but also from the content. This is one guide that can break don't evaluate book by its cover, so do you still needing a different sixth sense to pick this specific!? Oh come on your studying sixth sense already said so why you have to listening to yet another sixth sense.

Marilyn Vance:

Are you kind of occupied person, only have 10 or maybe 15 minute in your day to upgrading your mind talent or thinking skill even analytical thinking? Then you are having problem with the book in comparison with can satisfy your short period of time to read it because this all time you only find publication that need more time to be study. Heart Monitor Training for the Compleat Idiot can be your answer because it can be read by an individual who have those short time problems.

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