

WHAT WILL YOU LEARN AT THE RUNNING RESEARCH NEWS CAMP?

You will find out that conventional methods of running training can not optimize the seven key predictors of running performance— $v\text{VO}_2\text{max}$, lactate-threshold running speed, running economy, strength, power, max running velocity, and race-specific preparation. At the RRN camp, you will learn exactly what you need to do



to maximize each of these seven performance factors. In addition, we will help you determine your velocity at VO_2max ($v\text{VO}_2\text{max}$) on the beautiful Pepperdine track. We'll then assist you in setting up workouts which optimize your individual $v\text{VO}_2\text{max}$.

On the magnificent trails of Malibu Creek State Park, you will learn about—and complete—a workout which is the absolute best for spiking your lactate-threshold speed. No—it won't be a tempo session! As it turns out, tempo running produces rather sad-looking changes in your lactate threshold, so we'll show you a workout which forces both your max running speed and lactate threshold to soar.

Running economy? No problem—the proprioceptive training and running-specific strength training you learn at the camp will take care of that. Likewise, you will find out exactly what to do to optimally upgrade your strength, power, and race-specific preparations.

P O Box 27041
Lansing, MI 48909 USA

Running Research News

**Outstanding Classroom
Instruction**

**Trail, Track, &
Beach Workouts**

**RUNNING
RESEARCH NEWS
RUNNING CAMP**



JULY 18-23, 2006

AUGUST 5-10, 2006

Pepperdine University

Malibu, CA

WHO SHOULD COME TO THE RUNNING RESEARCH NEWS CAMP?

If you are a male or female runner between the ages of 10 and 100, you should come to the camp. If you want to get faster, you should come. If you would like to learn how to strength-train for running, you should be there. If you have a history of injury, you should absolutely come, because you will learn how to get your injury problems under control. If you want to have a fabulous vacation, you should come. You will



enjoy almost-unbelievable runs on the fabled beaches of Malibu, California and on the Backbone Trail in the Santa Monica Mountains (some trail runners have called the Backbone the best running route in the world). From key points on the Backbone, you will savor incredible views of the Pacific Ocean (similar vistas, of course, are also available during breakfast, lunch, and dinner from the Pepperdine-University dining hall). You may also want to sight-see on our night out in LA.

WHAT ACTUALLY HAPPENS AT CAMP?

Owen Anderson, Ph. D., will work with you individually to improve your running form and overall approach to training. Each day, Anderson will present two key seminars on important aspects of training, and he will guide you through each and every one of your workouts. Anderson, author of three highly acclaimed running books, *Lactate Lift-Off*, *Great Workouts for Popular Races*, and *Aurora*, has enjoyed a successful career coaching both mortal and elite runners, including Benja-



min Simatei (43:15 for 15K) and Catherine Dugdale (seven-time Welsh cross-country champion). In addition, the RRN camp is the only one in the country which features proprioceptive training. You'll learn how to be better-balanced and coordinated when you run, and as a result your efficiency and injury-resistance will improve dramatically. You will also learn a whole progression of strength training, from general to running-specific to plyometric, so that you will become a considerably faster and more-fatigue-resistant runner. Best of all, you will also understand *when* to carry out the various forms of training—how to periodize the different types of strength and running training. This camp is not just for elite or extremely experienced runners—it is open to all! We sincerely hope you will come.

SIGN ME UP FOR A GREAT WEEK!!

Yes—I would like to attend your Malibu camp on (please check one):

July 18-23, 2006

August 5-10, 2006

Here is my information:

Name _____

Address _____

City, State, Zip _____

E-Mail Address: _____

Age _____ Phone # _____

Check enclosed for \$995 payable to Running Research News

Please charge \$995 to my MasterCard/Visa/Amex/Discover account:

Account # _____ - _____ - _____ - _____

Exp Date _____ Signature _____

Please mail this application form to **Running Research News, P O Box 27041, Lansing, MI 48909 USA**. Alternatively, you may fax the above information to 517-371-4447—or call us at 517-371-4897 with your details. Please note: A camp-only option (with no overnight stays) is available for \$500, and a resident-only option (for spouses or friends who will not be training with us or attending demonstrations or lectures) is available for the same price.

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