

# 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>

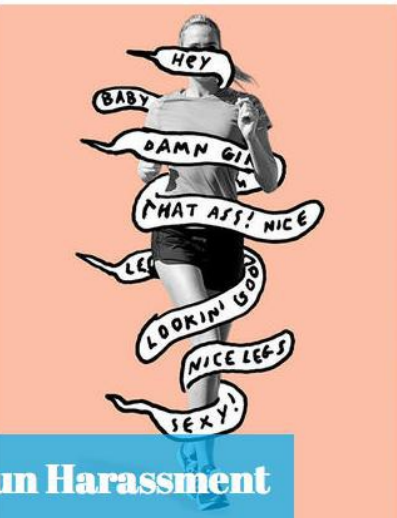
 **RUNNER'S WORLD**

SHOES TRAINING NUTRITION CALENDAR **SUBSCRIBE** 


**WOMEN'S RUNNING**



**Special Report: Midrun Harassment**




**RW 50 SELECTS**



**Special Feature: Pure Heart**


**RUNNING TIPS**



**8 Ways to Extend Your Long Run**

**LATEST ON RUNNER'S WORLD**

**PERFORMANCE-ENHANCING DRUGS**





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.

AdChoices 

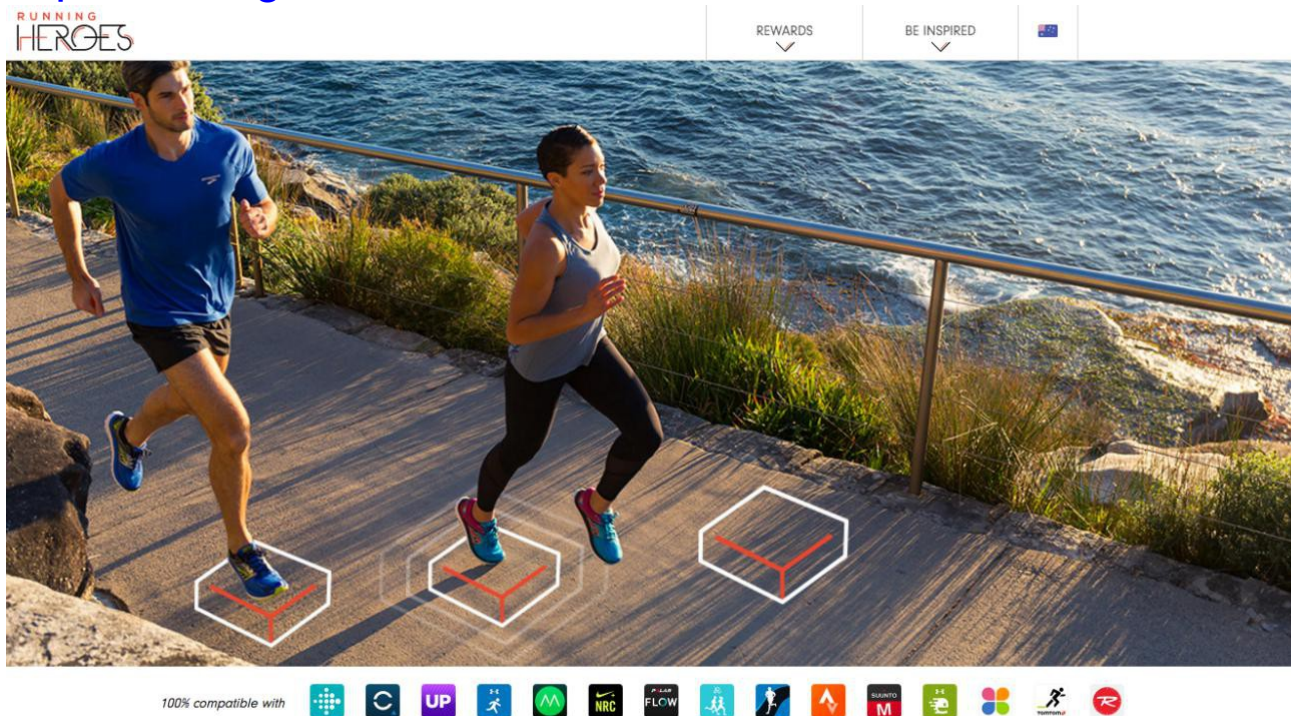


Almost everything running! You'll find news, articles, events, tips, shoes, training, nutrition, and more. They even have a forum!



## 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

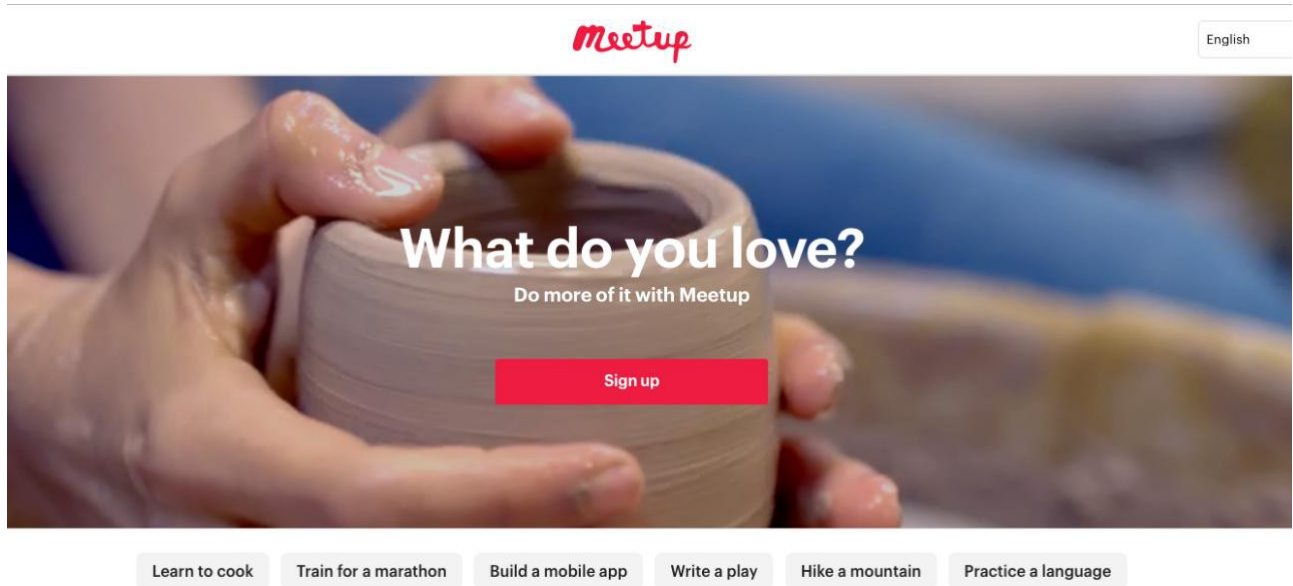
<http://www.runnersworld.com/running-tips/the-25-golden-rules-of-running>



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/>

National Calendar | Results | Club Finder | Store Locator

Go to a Publication Near You!

**RUNNING**  
NETWORK LLC

g+ p f t search...


HOME NEWS FEATURES RESOURCES MEDIA RUNNING NETWORK PRODUCT REVIEWS ADVERTISE

**RUN BARBADOS MARATHON WEEKEND 2016**  
DECEMBER 2-4  
Come for the run, stay for the fun!

### Latest News

#### 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...

[Read More](#) 1675

#### 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...

[Read More](#) 2008

#### 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

#### 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...

RSS Feed Widget

#### 2016 HOKA ONE ONE Fall Cross Country Training Program

2016 HOKA ONE ONE Cross Country Fall Training Progra...



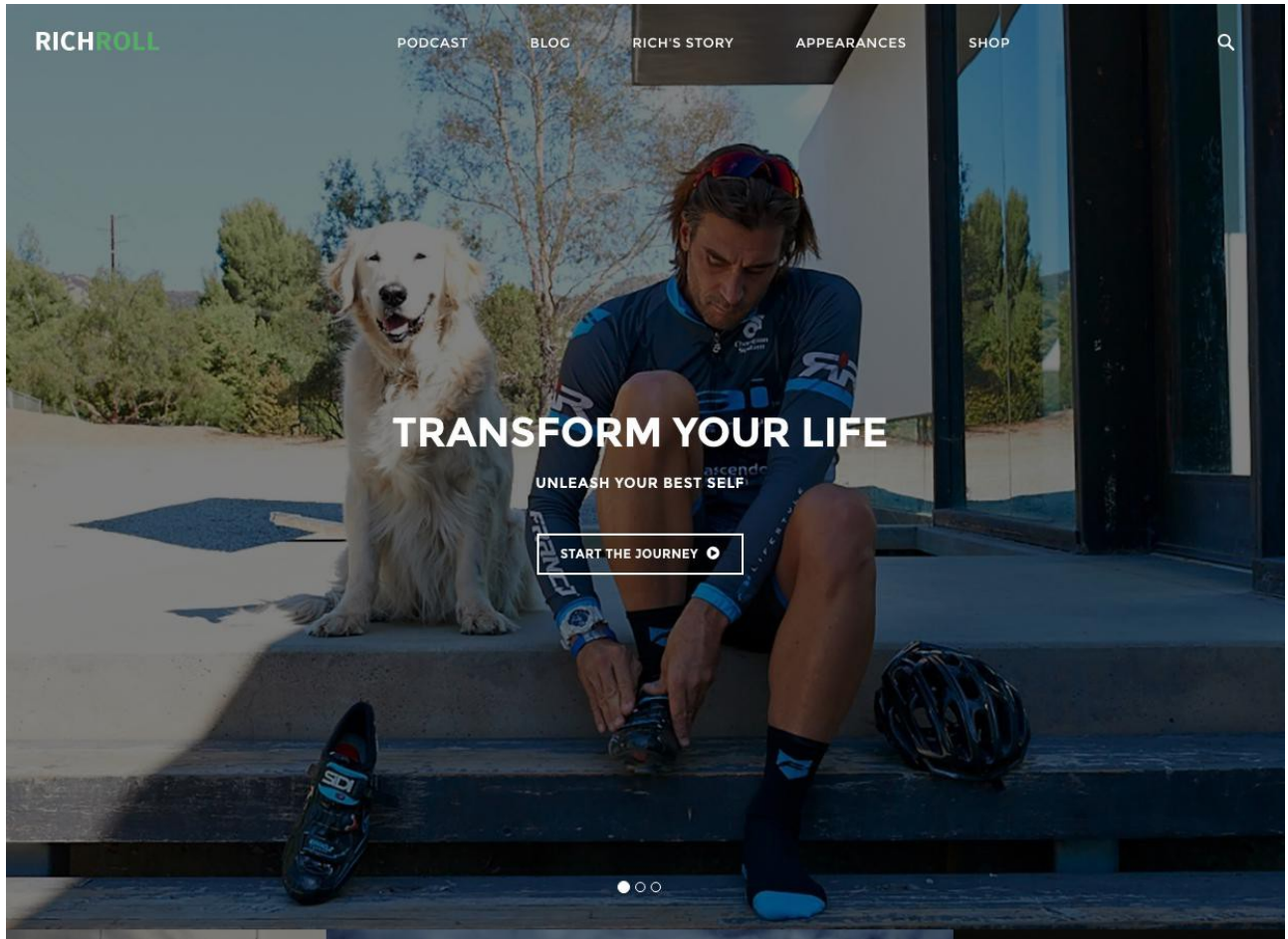
Your racing has gone on now for 8 weeks. Juniors and seniors: You should

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/>



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

## 8. Training Plans

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



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[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/>



The image shows the homepage of the MapMyRun website. At the top, there is a navigation bar with the MapMyRun logo, links for TRAINING, ROUTES, CHALLENGES, and BLOG, a SHOP button, and LOGIN and SIGN UP buttons. The main banner features a runner in a black long-sleeved shirt and blue and yellow shorts, running against a blue background. The text on the banner reads: "MAKE EVERY MILE COUNT, JOIN FREE TODAY". Below this, it says: "You pound the pavement, we provide the motivation. Plan each stride and learn from every route with MapMyRun." There are two buttons: "SIGN UP WITH FACEBOOK" and "SIGN UP WITH EMAIL". Below these, there is a "LOG IN" button for existing members. A small disclaimer at the bottom of the banner states: "By joining MapMyRun, you agree to the Terms & Conditions and Privacy Policy". Below the banner, there are four feature sections, each with an icon and a description:

- 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/>

DAILY  BURN Life

daily burn fitness health lifestyle recipes tech

### 50 Running Resources for Speed, Strength and Nutrition

Fitness  by Jordan Shakeshaft on 11/1/2014



102



405



507  
SHARES



**50 Must-Reads for Runners**