



Heart Monitor Training for the Compleat Idiot

By John L. Parker

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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:

Marjorie Cook:

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John Edwards:

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Judy Williams:

Typically the book Heart Monitor Training for the Compleat Idiot has a lot of knowledge on it. So when you check out this book you can get a lot of help. The book was compiled by the very famous author. The author makes some research previous to write this book. That book very easy to read you may get the point easily after reading this article book.

Billie Gallagher:

Is it you actually who having spare time and then spend it whole day through watching television programs or just lying on the bed? Do you need something totally new? This Heart Monitor Training for the Compleat Idiot can be the respond to, oh how comes? The new book you know. You are consequently out of date, spending your spare time by reading in this fresh era is common not a nerd activity. So what these textbooks have than the others?

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