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brain training for runners pdf The neurobiological effects of physical exercise are numerous and involve a

wide range of interrelated effects on brain structure, brain function, and cognition.

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Part II of Brain Training for Runners is a selection of plans that are based on the brain-training model from part I. These plans are for the 5K, 10K, half-marathon and marathon distances and, as Fitzgerald explains, they are flexible to promote responsive training and injury-prevention.

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As an endurance coach, nutritionist, and author, I am passionate about helping athletes achieve their goals. Whether your goal is to finish a half marathon or qualify for Kona, I can help and get you where you want to go.

Matt Fitzgerald | Trainer, Author

He is the bestselling author of more than a dozen books on running and fitness, including 80/20 Running, Brain Training for Runners, Racing Weight, and Iron War, which was long-listed for the 2012 William Hill Sports Book of the Year.

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