

**CHRISTOPHER McDOUGALL
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BORN TO RUN 2

THE ULTIMATE TRAINING GUIDE



**SOUVENIR
PRESS**

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TWO-WEEK TEST 'YES' AND 'NO' FOODS*

'YES' FOODS

Plants

Squash
Carrots
Tomato
Leafy greens
Lemon and lime
Broccoli and cauliflower
Tree nuts (and nut butters)
Coconut
Mustard
Chia seeds
Avocado

Meat/Fish

Beef
Turkey
Lamb
Fish
Shellfish

Dairy & Eggs

Unprocessed hard cheeses
Unprocessed soft cheeses
Creams
Eggs

Fluids

Vegetable juice
Coffee and tea
Oils
Vinegar
Pure distilled spirits
Carbonated water
Dry red wines

'NO' FOODS

Plants & Plant-based Foods

All sugar products
Sweets and desserts
All non-caloric sweeteners (natural and non-natural)
Many canned and prepared veggies
Energy/protein bars (with or without added sugar)
Ketchup and other sauces
Refined flour
Crackers
Whole-grain bread
Whole-grain pasta
Corn
Rice
Quinoa
Potatoes
Berries
Sweet citrus
Banana
Melon
Honey

Meat

Processed meats
Many canned and prepared meats
Smoked products

Dairy

Milk
Half-and-half (milk and cream mix)
Full-fat yoghurt
Processed cheeses

Fluids

Dry white wines
Fruit juice
Carrot juice
All soda
All diet drinks
'Enhanced' beverages
Sports drinks

* Adapted from www.philmaffetone.com.

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ON THE RUN RECIPES

The real danger zone for healthy eating isn't your kitchen. It's everywhere else.

Planning breakfast, lunch and dinner isn't hard, especially after you've completed the Two-Week Test. By that point, it's a matter of choice: you'll know what you should eat and how you'll feel if you don't, and recipes for your major meals are easy to find and quick to master.

But when you're rushing out the door in the morning, or grabbing lunch at your desk, or craving a quick bite in the car on the way to your kid's soccer game – that's when a tasty, On the Run snack can come to the rescue.

All of these recipes are easy to prepare, and many are perfect for stashing in your pocket. They were created by athletes who've learned that no matter how busy your day or how long your run, with a little prep you'll always have food you won't regret.

Note: Some of these recipes aren't suitable for the Two-Week Test because they contain oats or fruit. But the Two-Week Test is designed to reset your food awareness, not set lifetime restrictions. Once the Test is over, these On the Run recipes are ideal for mid-run or daytime snacks. Nearly all the ingredients are relatively low-glycaemic.

Callie's Adventure Blobs (vegan)

Since moving to Arizona, Callie Vinson is out nearly every weekend exploring the desert. She never knows what she'll find to eat on the drive, or how long she'll trek between meals, so she pre-games by filling her pockets with her own easy-to-make energy blobs.

INGREDIENTS

- 1 cup/80 g rolled oats
- ½ cup/50 g coconut flakes, unsweetened
- ½ cup/70 g ground flaxseed
- ½ cup/75 g nuts, chopped or pieces
- 1 tbsp chia seeds
- ½ cup/240 g nut butter
- ⅓ cup/80 ml agave
- 1 tsp vanilla extract

INSTRUCTIONS

- Mix all dry ingredients together, then combine with remaining wet ingredients.
- Roll into 1.5-inch/4-cm balls (roughly 6) with both hands, squeezing as you roll.
- Store in the fridge up to a week for a quick snack to take on all your adventures!

TIP:

Add a couple tablespoons of grated turmeric or ginger root for extra anti-inflammatory goodness.

ALYX AND BILLY'S SUPERFOOD KITCHEN

Surprisingly, one of the best sources for trail-tested recipes turned out to be none other than the original *Born to Run* cover boy himself: the skateboarder-turned-surfer-turned-ultrarunning-wildman, Billy 'Bonehead' Barnett.

Looking back now, I can see why Billy was the perfect cover model for *Born to Run* even beyond his good looks. We were all tickled as we watched Caballo Blanco and Billy become buds, even though Caballo was twice his age and could barely tolerate the rest of us. At the time, I thought they got along because Caballo was Billy's role model, only realising later it was the other way around: Caballo wished he liked anyone as much as Billy likes everyone, and enjoy anything as much as Billy enjoys whatever weirdness he wanders into. Billy, amazingly, is now thirty-seven years old, but just as fit and fast as ever. He's still besties with Jenn Shelton, his ferociously fast ex-girlfriend who went toe-to-toe with the Rarámuri in both the race and the after-party, although their instinct for extreme choices now extends to their zip codes: Jenn is homesteading with her new baby on the Alaskan frontier, while Billy lives in Hawaii with his wife, Alyx, the only human on earth besides Jenn who can keep up with him.

'Nothing jacks your adrenaline like knowing you're about to get punched in the face,' Alyx told me soon after we met, before going on to describe her cyclone of a life as an MMA cage fighter, national champion equestrian, Las Vegas-stage bodybuilder, professional fitness model, Ironman triathlete – and now, a naturopath healer and endurance coach.

Billy was already a skilled home baker before marrying Alyx, and together, they've combined into a dream team who use their own appetites and long workouts to test their recipes for both tastiness and all-day energy.

Alyx's Chia Breakfast Pudding

Alyx created this recipe for a coaching client who's a mother of three, a full-time school principal and a military spouse, whose husband is often away on deployment. The client is also an aspiring triathlete with gluten and egg allergies, so finding healthy meals that she and her kids can grab-and-go is both a priority and a challenge.

'I recommend using a mason or similar wide-mouth jar for breakfast or snacks, so you can prep once a week and grab any time you are in a pinch,' Alyx says. 'Dessert for breakfast? Who doesn't like that?'

INGREDIENTS

1 cup/250 ml coconut, cashew, almond or soy milk
(full-fat coconut milk for a denser, higher-calorie meal)

4 tbsp chia seeds

A sweetener such as sugar, honey or stevia

Fancy toppings such as hemp hearts, fresh fruit, nuts, coconut shreds or even granola

INSTRUCTIONS

- Mix the milk with the chia seeds, and allow time for the chia to swell.
- Stir a second time after a few minutes to make sure it's not clumpy.
- Add sweetener of choice. Alyx likes honey since she's a beekeeper, but stevia or monk fruit are also great options.
- Chill until it thickens, then enjoy with fruit and any fancy toppings you like.

Carrot-Top Pesto

Alyx: 'This tangy recipe is a great way to reduce produce waste and has become a household favourite. It stores easily in the fridge for weeks and is great in wraps for long-run refuelling, as a topping on all dinner meals, and as one of our son Cosmo's favourite first meals.'

INGREDIENTS

1 entire bunch of carrot leaf tops (2 carrot bunches' worth if the greens are looking scrawny)

½–1 cup/125–250 ml lemon juice or the juice of 3–5 lemons (adjust amount for your preferred texture)

1 cup/150 g raw walnuts or nuts of choice (pine nuts and macadamia nuts are other top picks in our household)

A healthy amount of raw garlic ('I use a ton,' Alyx says. 'But tamer palates may prefer just one or two cloves.')

2–4 tbsp olive oil for texture and healthy fat

Handful (approximately ½ cup/30g) of mint leaves (optional)

Raw honey or stevia, to balance the flavour (optional)

Salt and pepper to taste

INSTRUCTIONS

- Blend or purée in a food processor.



Berry Date Energy Gel

Perfect for a pre-run snack, or for an energy boost in the middle of a speed workout. Commercial gels are thick and dehydrating, whereas this is both refreshing and easy to digest.

INGREDIENTS

1 tbsp chia seeds

10–12 pitted dates

8–10 strawberries or 20–25 raspberries

1 tbsp lemon juice

Salt to taste (we use Himalayan salt, but kosher or sea salt is fine)

3–4 tbsp water, as minimal as you can while not breaking the blender. Add slowly, checking for your preferred consistency

Agave or honey (optional)

INSTRUCTIONS

- Soak the chia seeds in 2–3 tablespoons of water until swollen.
- Combine all the ingredients in a blender. Mix slowly, drizzling in additional water as needed.
- Pour into reusable gel flasks and chill.

Billy's Mid-Run Pancakes

Alyx: 'Billy wanted a lower glycaemic energy option he could rely on before hitting the trails or snacking in the middle of a long run. These pancakes keep well in a ziplock and can sit in a car or backpack pocket all day without refrigeration.'

INGREDIENTS

¼ cup/25 g almond flour

2 eggs

2 tbsp cream cheese

1 tbsp coconut oil

Cinnamon, chopped banana, berries or other fruits of choice (optional)

Peanut or almond butter, honey or maple syrup (optional)

INSTRUCTIONS

- Mix the flour, eggs and cream cheese, pour into a frying pan with a light coat of coconut oil and fry on both sides until golden.
- Serve topped with cinnamon, fruit, nut butter, honey or maple syrup.

Billy's Long-Run Muffin

When we were in the Copper Canyons, we all learned a hard lesson during our first run in the backcountry. After two hours of steady climbing, we slid under a tree for a break. Some of us were smart enough to bring granola bars. None of us were as smart as Scott Jurek, who unzipped a pocket on his hydration pack and pulled out tortilla wraps filled with hummus and adzuki bean paste.

Since that lesson, Billy has been bringing his home-cooking A-game to challenge the seven-time Western States 100 champ by crafting his own pocket-ready trail muffins.

INGREDIENTS

1 cup/120 g white or whole wheat flour

½ cup/40 g rolled oats

Honey to taste

Cinnamon to taste

¾ tsp baking soda (bicarbonate of soda)

1 tsp baking powder

¼ tsp salt

2 eggs (can be substituted with yoghurt)

1 cup/120 g grated carrot (1 large carrot)

½ cup/150 g mashed overripe banana
(1 medium banana)

¾ cup/180 ml apple sauce

1 cup/185 g cooked quinoa

1 tsp vanilla extract



¼ cup/40 g raisins

¼ cup/40 g chopped nuts: cashews or almonds
work great!

¼ cup/40 g dried figs

Goat cheese (optional)

INSTRUCTIONS

- Preheat the oven to 350°F/180°C.
- Liberally spray a 12-hole muffin tin with cooking spray.
- In a large bowl, combine all the dry ingredients.
- In a medium bowl, combine the wet ingredients (eggs through vanilla).
- Pour the wet into the dry and stir until smooth. Fold in the raisins, nuts and figs.
- Spoon the batter into the muffin tin.
- Make balls with the cheese and push halfway down into the batter until the cheese is submerged.
- Bake for about 25 minutes.

Margot's Salmon Jerky – Three Ways

Margot Watters is not only a world-class endurance athlete, but also an inventive home cook who creates her own performance foods. We wanted a tasty alternative to sugar-loaded energy bars, so we tasked her with creating a dried jerky that's easy enough for anyone to prepare. Margot came back with a masterpiece.

Note: There are cooking options for oven, dehydrator or smoker, depending on what you have at home.

INGREDIENTS

1¼ pound/500–600 g side of skin or skinless salmon

½ cup/125 ml soy sauce

1 tsp molasses

1 tbsp lemon juice (freshly squeezed)

2 tsp fresh ground black pepper

1 tsp liquid smoke (only for Oven and Dehydrator method below)

(Liquid smoke can be found in bottle form in the BBQ section of most grocery stores – it is basically the vapour produced by a wood fire that has been condensed, filtered of its impurities and distilled, prior to bottling.)

INSTRUCTIONS

- Place the salmon in the freezer for 30 minutes to make slicing easier.
- Mix the soy sauce, molasses, lemon, pepper and liquid smoke (if using) together in a bowl. Set aside.
- Remove the salmon from the freezer and cut into ¼-inch/5-mm-thick slices lengthwise. Then slice the lengths into 3–4-inch/8–10-cm-long pieces.
- Place the salmon in a large ziplock bag and pour the marinade over the salmon. Mix well and refrigerate for 4 hours or overnight if time permits
- Strain the salmon well in a colander. Pat dry with a paper towel.
- For all three methods you are dehydrating the salmon, *not cooking it*. Try to keep each piece separate so air can move around it and remove when dry and chewy, not crunchy. Each method will vary in time so it's always best to monitor progress just to make sure you do not end up with an overly dehydrated, crunchy jerky.
- Dehydrator: 145°F/60°C for 3–4 hours (or follow manufacturer instructions).
- Smoker: Try to set and maintain a temperature around 200°F/90°C until dried, but still chewy, 3–4 hours (no need to add liquid smoke to the marinade if dehydrating with smoker).
- Oven: Set to lowest setting (170–200°F/80–90°C), place on a baking sheet lined with parchment paper or a silicone pad. Dehydrate for 3–4 hours, flipping once during the process.
- Store in an airtight container for up to a few weeks.

****This recipe was adapted from Alton Brown from the Food Network****

Vegan Pemmican

Keep these tasty pemmican balls on hand for snacking at home or on the go, and stash in your pockets as a long-run snack.

INGREDIENTS

½ cup/80 g almond meal or cornmeal

⅛ cup/15 g ground flaxseed

½ cup/40 g rolled oats

¼ cup/40 g total dried fruit (e.g. blueberries, figs, cherries, cranberries, raisins. Mix it up and experiment.)

1 egg

3 tbsp warmed coconut oil

2 tbsp liquid sweetener: honey, agave, maple syrup

INSTRUCTIONS

- Preheat the oven to 325°F/165°C.
- Combine the dry and wet ingredients.
- Fill the holes of a 12-hole muffin tin halfway.
- Bake for 15–20 minutes.

NOTE:

Don't worry if they seem crumbly while warm. They firm as they cool.

Margot's Power Dates

The 'Fruit of Kings' is rich in fibre and has double the potassium of bananas. Dates are also high in fructose, which makes them an ideal boost in the middle of a high-intensity workout. On long trail runs, the walnut filler is the richest source of omega-3 fatty acids you can find in a shell.

INGREDIENTS

Whole dates

Halved pieces of walnuts

INSTRUCTIONS

- Slice open one side of the dates, lengthwise.
- Stuff a walnut piece inside.
- Stash in plastic baggies.



LUCY BARTHOLOMEW'S 'PANTRY OF POTENTIAL'

Australia's Lucy Bartholomew burst into ultrarunning at the insanely young age of fifteen, mostly because she was tired of waiting around for her dad. Lucy was crewing her dad's first 100k, but instead of catching a ride between aid stations, she took off running, cutting through the woods to stay ahead of him.

'I'd have all his stuff laid out and he'd come in saying, "Oh, Luce, there was this hill and these stairs"', she recalls. 'And I'm like, "Yeah, I just did it."' Meanwhile, the race director was asking people, 'Who's this little blonde girl who keeps popping up all over the place?'

Lucy was soon charging through the ranks of the world's best ultrarunners, becoming a sponsored pro for Salomon while still a teenager and finishing third in her first attempt at the sport's crown jewel, the Western States 100. But secretly, her fame and drive were taking a toll. Her Western States performance attracted legions of new fans, many of whom felt it was their business to let Lucy know what they thought of her body. What they didn't know was that Lucy had battled an eating disorder at age twelve, and the barrage of online scrutiny helped trigger another episode.

'If you're a female athlete, people can see you at a dangerously low weight and go, *You look great!*' Lucy told me. 'Suddenly you have 50,000 people writing about you – writing to you! – commenting on your appearance, saying you look chubbier, connecting dots between your times and your weight, saying what you should eat and look like.'

Lucy was in a dangerous spiral; one she broke out of by accidentally signing up for a five-day retreat in Nepal she didn't realise was silent. 'Classic Lucy,' she says. 'I thought I was going to have a great time running the Himalayas, but as soon as I arrive, they take my gear and hand me this Buddhist robe and plop me on a mat.'

Sitting alone with her thoughts was brutal. 'Your mind comes up with all kinds of stories about who you are, and it's just like reading online comments.'

But gradually, she began to see another side. 'I came out of it realising I'm more than just running,' she says. 'In ultras, we learn to smile and fake it till it changes. But that approach was putting me in a position of poor health. People are always telling me, *You're living the dream!* Well, let me tell you about this dream ...'

Today, Lucy looks at food as a source of power. When she inspects her pantry, she sees potential, because the better you eat, the more you can do and the farther you can go. Lucy now cooks for pleasure and eats for adventure. She's compiled her recipes in a downloadable cookbook called *Sustain Your Ability*, and even though she's vegan, she includes this advice for Lucy-style cooking – and living:

'I want to help you thrive and be happy. If you want to make additions, go for it. You do you. I can't say this enough.'



During ultramarathons, Lucy Bartholomew prefers real food over sugary gels.





Sweet Potato Date Slice

‘This is the first trail snack I ever made,’ Lucy says. ‘I love that it isn’t crazy sweet but fills you up with sweet potato, nuts and seeds. The turmeric is great for inflammation, the black pepper helps you absorb it, and the ginger helps settle your tummy on the run.’

INGREDIENTS

½ medium sweet potato, steamed, skin removed

½ cup/70 g cashews

½ cup/70 g almonds

4 dates

¼ cup/40 g chopped dried fruits (Lucy: ‘I like cranberries and dried ginger chunks.’)

1 tsp salt

2 tbsp warmed coconut oil

2 tbsp cacao powder

2 tbsp chia seeds, soaked till softened

2 tsp ground ginger and/or cinnamon

1 tsp turmeric powder

Crack of black pepper

INSTRUCTIONS

- Blitz all the ingredients in a food processor until combined.
- Line a baking tray and press the mixture into it.
- Place in the freezer for up to 12 hours.
- Cut into slices and place in individual ziplock baggies.

NOTE:

This slice is best eaten cold. If you take it running in warmer weather, the coconut oil will turn back into a liquid and the bar will become a delicious mush.



Pumpkin Brownies with Almond Pulp

'You'll see some big meals using pumpkin in my cookbook. I love it. I think it is the best-looking vegetable to put on a kitchen table and no doubt I usually have a lot left over. Here is a perfect way to use up some cooked pumpkin.'

INGREDIENTS

Pulp from homemade almond mylk (see recipe opposite)

½ cup/110 g steamed pumpkin with skin and seeds removed, mashed, OR pumpkin purée from a can

1 tsp salt

¼ cup/60 ml maple syrup

½ cup/50 g cacao powder

3 heaped tsp ground flaxseed

1 cup/250 ml almond mylk

½ cup/115 g dates, soaked in hot water for 10 minutes

½ cup/125 ml water from dates soaking

2 tsp ground cinnamon

1 cup/90 g oat flour

2 tsp baking power

Chopped nuts, chocolate chips, shredded coconut, either mixed into batter or sprinkled as topping (optional)

INSTRUCTIONS:

- Preheat the oven to 350°F/180°C.
- Combine all the ingredients in a bowl and mix well until smooth.
- Pour batter into a greased tin. Stir in the optional ingredients, or sprinkle on top.
- Bake for 30 minutes, or slightly longer for additional firming. They are ready to remove from the oven when a knife comes out clean.
- Let cool for 10 minutes.
- Cut up and enjoy.

Lucy's Lamington Bliss Balls

'Lamington is a sponge cake, covered in chocolate and rolled in coconut. We Australians fight with New Zealand over who created this delicious masterpiece, but these energy balls have the same chocolate/coconut goodness and are a family favourite!'

INGREDIENTS

2 cups/460 g dates, soaked in hot water for 10 minutes, drained

½ cup/50 g cacao powder

1 tsp salt

Pulp from homemade almond mylk

2 tsp ground cinnamon

1 cup/80 g rolled oats

½ cup/70 g chopped almonds

½ cup/50 g shredded coconut for rolling

INSTRUCTIONS

- Place all the ingredients except the almonds and coconut into a food processor.
- Blend until smooth. If the mixture is still a little wet, add another ¼ cup/20 g of oats.
- Place the mixture into a bowl and stir in the chopped almonds.
- Take 1 tablespoon of the mixture and roll with damp hands into a ball. Then roll into coconut shreds to evenly coat.
- Place in an airtight container and store in the freezer. Remove at least 10 minutes before eating.

Lucy's Homemade Almond Mylk

When you buy commercial almond mylk, you're missing out on the best part of the process. 'That leftover thick paste from straining the mylk is called the pulp and that's where a lot of the goodness and nutrients lie,' Lucy says. 'Don't throw it away! Freeze it if you can't use it right away and then enjoy it as a paste you can use to bake trail snacks.'

INGREDIENTS

1 cup/150 g raw almonds, soaked overnight

3 cups/750 ml water

1 pinch salt

1 date, pitted (optional)

INSTRUCTIONS

- Place all the ingredients in a blender and blend on high for 2 minutes.
- Strain through a clean cloth into a large bowl.
- Pour mylk into a jar.
- Save pulp separately.

Arnulfo's Pre-Race *Pozole* with Roast Kale

Tragically, I only came home from the Copper Canyons with Mamá Tita's pancake recipe when I really should have been focused on her *pozole*. After a few years of trying to recreate it from memory, I'm satisfied that this version I came up with is a worthy substitute. It's a perfect slow-cooker dish that you can assemble on Sunday morning and have waiting when you return from a long run Sunday afternoon.

For a meat-free version, substitute roasted eggplant [aubergine] and/or portobello mushrooms, vegetable broth instead of beef.

INGREDIENTS

Bone-in pork butt, about 5 lbs/2.3 kg

Chipotle peppers in adobo

12 oz/350 ml dark beer, or cheap red wine

1 large can crushed tomatoes

1 large sweet onion, chopped

Fair amount of chopped garlic

12 oz/350 ml beef broth

Salt and pepper to taste

Sugar-free BBQ sauce, bottled or homemade

1 can Mexican-style hominy (you can use regular canned hominy, but the kernels are smaller)

TO GARNISH

Shredded kale

Lime wedges

Cilantro [coriander]

Sour cream

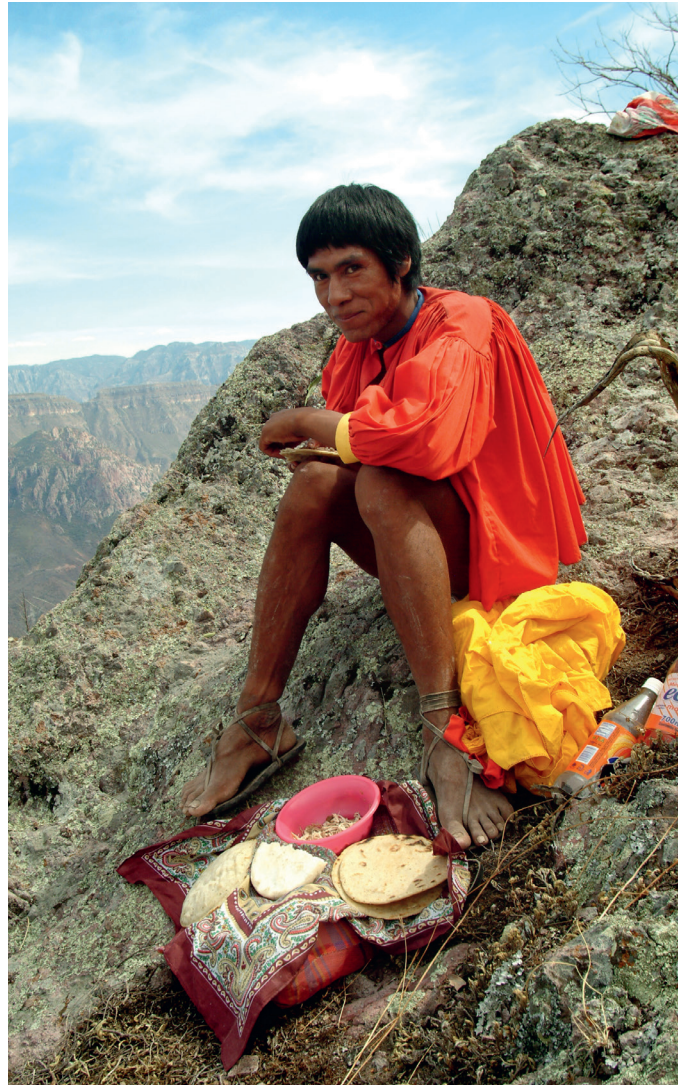
INSTRUCTIONS

Pork version:

- Place the pork butt in the biggest slow cooker you can get your hands on.
- Add all other ingredients EXCEPT the BBQ sauce and hominy.
- Set the slow cooker to high and cook for 3 hours, or until the meat is ready to fall off from the bone.
- Remove the pork from the broth and place in a large bowl. Using two forks, remove the bone and discard.
- Shred the pork. Using a slotted spoon, position the bowl over the slow cooker and drain as much meat broth out of the pork as possible while keeping the pork in the bowl.
- Get your oven broiler [grill] cranking to high.
- Mix the shredded pork with the BBQ sauce. Spread the BBQ-covered pork on a baking tray and slide under the broiler for about 5 minutes, just till it gets a little char.
- While the pork is crisping, add the hominy to the slow cooker and give it a good stir.
- Turn the slow cooker down to LOW.
- Check your pork. When you feel it's a little charred but not dry, remove it from the broiler BUT KEEP THE BROILER ON.
- Return the pork to the slow cooker. Let it simmer for another 30 minutes, or until you're ready to eat.
- On the same baking tray used for the pork, scatter the shredded kale and place under the broiler for 2–4 minutes, until crisp.
- Remove the kale and put aside in a bowl.
- Ladle the *pozole* into bowls, and garnish with any combo of lime, cilantro, sour cream and roast kale.

Vegetarian style:

- Half-fill a large slow cooker with all the non-meat ingredients except the hominy. Substitute vegetable broth for beef.
- Set the slow cooker to HIGH and let the ingredients simmer.
- Preheat the oven to 400°F/200°C.
- Chop two eggplants [aubergines], or one large eggplant and a bunch of portobello caps, and scatter across one or two baking trays.
- Bake the veggies for approximately 15 minutes. Remove from the oven and add to the slow cooker.
- Stir in the hominy and let simmer for another 30 minutes.
- On the same baking tray, scatter the shredded kale and place under the broiler [grill] for 2–4 minutes, until crisp.
- Remove the kale and put aside in a bowl.
- Ladle the *pozole* into bowls, and garnish with any combo of lime, cilantro, sour cream and roast kale.



Pinole Energy Bars

I had no idea what I was tasting when I arrived at Arnulfo's home at the bottom of the Copper Canyons and he offered me a cup of milky brew he'd scooped from a five-gallon paint bucket. It took a few sips before I realised it was pinole, the heritage corn concoction which has powered Rarámuri champions for centuries.

Caballo Blanco was a convert before he even got there, because he'd had his mind blown at the Leadville Trail 100 in 1994 as he watched Rarámuri runners storm through the Rockies while fuelling themselves on little handfuls of pinole from bags on their belts. Caballo began following their lead after moving to the Rarámuri homeland, stuffing a satchel of pinole into his pocket whenever he set off on his epic rambles through the canyons.

So what's pinole all about? It's basically just toasted cornmeal, but here's the key: when made from low-glycaemic heritage kernels, pinole is a complex-carb combo platter, hitting that sweet spot between instant fuel and slow-burn nutrition. Our go-to is Pinole Blue, mostly because it's made traditionally from Old World kernels with the same health benefits as blueberries, but partly because founder Eddie Sandoval grew up drinking pinole in Kansas with his dad, a Mexican road-crew worker, and got his first sack of blue kernels from a cousin who drove it up from Chihuahua.

We adapted this terrific bar from a recipe by Andrew Olson, a trail runner known as 'The One Ingredient Chef'.

INGREDIENTS

2 tsp chia seeds, soaked in 4 tsp of water

2 cups/320 g Original Blue Corn Pinole (Andrew prefers to make his own pinole by skillet-roasting masa harina)

½ cup/115 g chopped dates

½ cup/125 ml water

3 tbsp honey (Andrew prefers brown rice syrup)

A dash of cinnamon

INSTRUCTIONS

- Preheat the oven to 350°F/180°C.
- Soak the chia seeds for a few minutes. When soft, combine all the ingredients in a food processor or blender.
- Pulse into a thick paste, adding water or pinole if needed.
- Form the paste into 4–5 cookie-style rounds.
- Bake on a nonstick tray for about 10–12 minutes until the outside browns into a crackly crust.
- Remove and let cool.
- From Andrew: 'I like to cut these into half-moons and eat half before I go running and the other when I get back. Or, if it's a long workout, I'll take the other half (in plastic wrap) with me and eat it along the way. When eating at home, I highly recommend topping with peanut butter for extra awesomeness.'

***Atole de Pinole*, the Post-Run Power Drink**

Food scientists recently discovered something that Mexican farmers and French cyclists figured out a long time ago: coffee helps muscle recovery. That's why multi-day bikers used to finish each stage with a steaming *café au lait* loaded with sugar: coffee bioactives boost glucose metabolism, speeding fuel into your tank for the next day's workout. In Chihuahua, the drink of choice before and after a hard day's work is *atole*, a pinole-based brew that's delicious either iced or hot. Traditionally, *atole* is made with Nescafé and condensed milk, but our version swaps in espresso, turmeric, honey and almond mylk, which cuts sugar, reduces inflammation and really complements the nutty pinole flavor.



INGREDIENTS

2 cups/500 ml water

2 tsp Original Blue Corn Pinole (or pinole of choice)

1 tsp ground turmeric

Honey to taste

1 cup/250 ml almond mylk (check out Lucy Bartholomew's homemade almond mylk, p. 81)

2 shots espresso (or coffee of choice)

INSTRUCTIONS

- Heat the water in a medium-sized pot.
- While waiting for it to boil, mix the pinole in a bowl with a little cool water and whisk into a smooth paste.
- Add the pinole paste to the boiling water, whisking well.
- Reduce to a simmer. Continue whisking until the pinole has mostly dissolved and the water is reduced by half.
- Add turmeric and honey, whisking continually, then almond mylk and espresso.
- Simmer a few moments to blend.
- Pour into a mug or over ice, and enjoy.

Chia Fresca, or Iskiate

I was first offered *iskiate* at the Rarámuri schoolhouse just before beginning our long, hot climb back out of the canyons. Secretly, I was planning to dump the dented tin mug I was handed behind a cactus first chance I got, because there was no way I was drinking that crazy-looking goop.

Back then, chia seeds were only known to the outside world as the gag gift you got when the Secret Santa limit was five bucks. Nobody ate them – nobody, that is, except the Rarámuri, who'd been using them for centuries to make their own super drink. Luckily, I figured out what kind of treasure I had in my hand just before ditching my mug.

I remembered that back in the 1800s, an adventurer named Carl Lumholtz found himself in my same situation I was in. 'I arrived late one afternoon at a cave where a woman was just making this drink,' Lumholtz wrote. 'I was very tired and at a loss how to climb the mountain-side to my camp, some 2,000 feet above. But after having satisfied my hunger and thirst with some *iskiate*,' he went on, 'I at once felt new strength, and, to my own astonishment, climbed the great height without much effort. After this I always found *iskiate* a friend in need, so strengthening and refreshing that I may almost claim it as a discovery.'

As tiny as chia seeds are, they're super-packed with nutritional amino acids and antioxidants. Aztec runners used to down a dose of chia before heading into battle, as did Hopis as they set off on epic runs from Arizona to the Pacific. Nothing will fuel you up better with as little fuss as a cold, citrusy cup of *chia fresca*.

INGREDIENTS

2 tbsp chia seeds

2 cups/500 ml water

1 lime, juiced

1 tbsp honey

INSTRUCTIONS

- Soak the chia seeds in a little water for a few minutes.
- Add the water with a healthy squirt of lime and a drizzle of honey.
- Stir, chill and enjoy.
- Perfect for reusable gel flasks.

SWITCHEL, THE AMISH GUT-BUILDING (AND GUT-BUSTING) SPORTS BREW

I felt a little burst of local pride when I heard that soon after Scott Jurek crossed into my home state of Pennsylvania during his record-breaking run along the Appalachian Trail, an old farmer greeted him at the trailhead with a weird-looking jug of home brew and urged him to drink up.

Scott had never heard of switchel, but neither has just about anyone else who uses electricity and zippers. My Amish neighbours in Peach Bottom have been drinking it for centuries to perk them up and quench their thirst while working in the fields. Scott considered it ‘wildly reckless’ to drink anything from an unmarked jar that a stranger handed him in the woods, but he’s way too Minnesota to hurt an old farmer’s feelings, so he took a polite sip – and fell in love.

‘The switchel was crazy-good, gingery and vinegary, and it really hit the spot after a long hot day,’ Scott raved. Besides the great zesty flavour, Scott also knew that ginger root and apple cider vinegar are terrific anti-inflammatories. But what he wouldn’t know is that switchel has a fiery cousin called ‘Super Tonic’, which the Amish use to treat every ailment along the human digestive highway from sore throats to balky bowels. I’ve had plenty of both, and while I vastly prefer switchel, there’s no denying the volcanic wallop that a shot of Super Tonic delivers when you’re under the weather.

Switchel

INGREDIENTS

8 cups/2 litres water

1 cup/100 g grated ginger

2 tbsp honey

1 cup/250 ml apple cider vinegar

Optional modern addition: 1 hearty squeeze of lemon

INSTRUCTIONS

- Combine the water and ginger in a pan and bring to a gentle boil. Turn the heat down to a simmer and stir in the honey. Simmer for 2–3 minutes, then remove from the stove and let cool.
- Pour the ginger-honey water into a large jar and add the apple cider vinegar and lemon juice, if using.
- Top off the jar with water to fill. Chill and enjoy.

Amish Super Tonic

INGREDIENTS

4 cups/1 litre water

1 cup/100 g grated ginger

2–3 chopped garlic cloves

1 chopped yellow onion

1 tbsp ground red pepper, or fresh hot peppers

1 cup/240 g grated horseradish root

Apple cider vinegar

INSTRUCTIONS

- Combine the water and ginger in a pan. Bring to a gentle boil, then lower the heat and simmer for 2–3 minutes.
- Pour the ginger-water into a half-gallon/2-litre jar. Add the garlic, onion, horseradish and red pepper. Fill the jar to the top with apple cider vinegar.
- Give the contents a good stir and store in a cool, dark place. Stir the brew once a day while allowing to age.
- After 2 weeks, your tonic is ready. Strain into a clean jar and enjoy. Kind of.

YOUR HANDY PACE-TO-GEAR CONVERSION CHART

Check this chart to see how your one-mile personal best translates into a minutes-per-mile pace for longer runs. Remember, your ultimate goal is to get used to how each gear feels, but comparing them to times on your watch

isn't a bad way to learn. Each gear has a 30-second pace range (like, 16:43 and 16:12 for Gear 2 if you're a 12-minute miler). Your sweet spot is anywhere in between.



One-Mile Time	<u>Gear 1</u>	<u>Gear 2</u>	<u>Gear 3</u>	<u>Gear 4</u>	<u>Gear 5</u>	<u>Gear 6</u>	<u>Gear 7</u>	<u>Gear 8</u>
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One-Mile Time	<u>Gear 1</u>	<u>Gear 2</u>	<u>Gear 3</u>	<u>Gear 4</u>	<u>Gear 5</u>	<u>Gear 6</u>	<u>Gear 7</u>	<u>Gear 8</u>
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One-Mile Time		<u>Gear 1</u>	<u>Gear 2</u>	<u>Gear 3</u>		Gear 4		<u>Gear 5</u>		<u>Gear 6</u>		<u>Gear 7</u>		Gear 8
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5:05	>	07:23	7:23 6:51	6:37 6:06		6:06 5:50		5:55 5:35		5:36 5:20		5:20 5:05		4:59 4:49
5:03	>	07:20	7:20 6:49	6:35 6:03		6:03 5:48		5:53 5:33		5:33 5:18		5:18 5:03		4:57 4:47
5:00	>	07:16	7:16 6:45	6:31 6:00		6:00 5:45		5:50 5:30		5:30 5:15		5:15 5:00		4:55 4:45

* Reminder: Speed Zones are in minute-per-mile pace.

The 90-Day Run Free Programme



Lenaiya Flowers and Stella Woy were surprised how much they enjoyed their first day of Run Free skill drills.

' = minutes " = seconds RI = rest interval

WEEK 1

WORKOUT	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
FOOD	Two-Week Test	Two-Week Test	Two-Week Test	Two-Week Test	Two-Week Test	Two-Week Test	Two-Week Test
FITNESS	2 Sets of Foot Core	OFF	1 Set of 100 Up Minor & 3 Sets of Wall Squat	2 Sets of Foot Core	OFF	1 Set of 100 Up Minor & 3 Sets of Wall Squat	2 Sets of Foot Core
FORM	Complete the Five-Minute Fix (p. 114) to emphasise your run form craft.	Running Logs Part 1	OFF	Running Logs Part 1	OFF	Running Logs Part 1 + 5 x 6–8 Skipping for Height	3 x 2' barefoot running in place to music playlist
FOCUS RUN	10–30' in Gear 1. Stay patient with your effort and keep good awareness to foot strike. This is strength training.	20–40' in Gear 2 with a focus on visualising running logs while running.	20–40' in Gear 2	OFF	10–30' in Gear 1. Stay patient with your effort and keep good awareness to foot strike. This is strength training.	Today's run distance/time should be 65% of your Big Deal. Gear 1–2 staying patient and keeping things feeling good. Train, Don't Strain.	OFF

WEEK 2

WORKOUT	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
FOOD	Two-Week Test	Two-Week Test	Two-Week Test	Two-Week Test	Two-Week Test	Two-Week Test	Two-Week Test
FITNESS	2 Sets of Foot Core	OFF	1 Set of 100 Up Minor & 3 Sets of Wall Squat	3 Sets of Foot Core	OFF	1 Set of 100 Up Minor & 3 Sets of Wall Squat	OFF
FORM	OFF	Running Logs Part 1 + 5 x 6–8 Skipping for Height	OFF	4 x 2' barefoot running in place to music playlist	OFF	OFF	Running Logs Part 1 + 5 x 6–8 Skipping for Height
FOCUS RUN	20–40' in Gear 1. Stay patient with your effort and keep good awareness to foot strike. This is strength training.	20–40' in Gear 2 effort with a focus on visualising running logs while running.	20–40' in Gear 2 effort + 5 x 30" accelerations building speed to Gear 7 by the end of each with 1' RI.	OFF	20–40' in Gear 1. Stay patient with your effort and keep good awareness to foot strike. This is strength training.	Today's run distance/time should be 70% of your Big Deal. Gear 1–2 staying patient and keeping things feeling good. Train, Don't Strain.	OFF

WEEK 3

WORKOUT	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
FITNESS	3 Sets of Foot Core	3 Sets of Leg Stiffeners	2 Sets of 100 Up Minor & 4 Sets of Wall Squat	3 Sets of Foot Core	OFF	1 Set of 100 Up Minor & 3 Sets of Wall Squat increasing reps	2 Sets of Foot Core
FORM	OFF	Running Logs Part 1 + 5 x 6–8 Skipping for Height	OFF	4 x 2' barefoot running in place to music playlist	5 x 30" Running in Place + 5 x 6–8 Skipping for Height	OFF	5 x 1' barefoot running in place to music playlist
FOCUS RUN	20–40' Strength/Form running in Gear 1 with a focus on foot strike and cadence. Stay patient with your speed.	30' in Gear 2 + 5 x 30" in Gear 6 with 90" RI.	20–40' in Gear 2 with a focus on visualising running logs while running.	OFF	20–40' Strength/Form running in Gear 1 with a focus on foot strike and cadence. Stay patient with your speed.	Today's run distance/time should be 75% of your Big Deal. Gear 1–2 staying patient and keeping things feeling good. Train, Don't Strain.	OFF

WEEK 4

WORKOUT	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
FITNESS	2 Sets of Foot Core. Increase challenge by adding more time/reps or with less balancing aid.	2–3 Sets of Leg Stiffeners + 3 Sets of Wall Squats	OFF	Complete Day Off. Remember, recovery is when you get stronger.	2 Sets of Foot Core	2 Sets of 100 Up Minor & 2 Sets of Wall Squat increasing reps	Complete Day Off. Remember, recovery is when you get stronger.
FORM	OFF	4 x 6–8 Skipping for Height. Focus on being more powerful.	Running Logs Part 2. Feel the force applied into the ground as logs get further apart.	OFF	Complete the Five-Minute Fix (p. 114) to emphasise your run form craft.	OFF	OFF
FOCUS RUN	20–40' Strength/Form running in Gear 1 with a focus on foot strike and cadence. Stay patient with your speed.	30' in Gear 2 + 7 x 30" in Gear 6 with 90" RI.	20–40' in Gear 2 with a focus on feeling the force applied into the ground to run forwards.	OFF	30–50' in Gear 2 + 4–6 x 20" hill repeats with hands behind your head/elbows wide. 3–4 x 20" hill repeats with normal arms.	Today's run distance/time should be 50% of your Big Deal. Gear 1–2 staying patient and be OK with the reduced run today. Recovery is when you get stronger.	OFF

WEEK 5

WORKOUT	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
FITNESS	3 Sets of Foot Core + 2 Sets of Run Lunge	1 Set of 100 Up Major & 4 Sets of Leg Stiffeners	OFF	3 Sets of Wall Squats + 2 Sets of Run Lunge	3 Sets of Foot Core	OFF	3 Sets of Wall Squats + 2 Sets of Run Lunge
FORM	OFF	3 x 6–8 Skipping for Height + 2 Sets of Sticky Hops	OFF	OFF	3 x 3' barefoot running in place to music playlist	Running Logs Part 1 & 2	OFF
FOCUS RUN	30–50' in Gear 2. Stay patient with speed and focus on form and getting into a steady groove.	10–20' in Gear 2 + 3 x 1' in Gear 7 with 90" RI + 3 x 4–5' in Gear 5 with 2' RI.	15–30' Strength/ Form running in Gear 1 with a focus on foot strike and cadence. Visualise running over logs.	20–30' in Gear 2 + 6–8 x 20" hill repeats with hands behind your head/elbows wide. 4–6 x 10" hill repeats with normal arms.	OFF	75% of your Big Deal Distance/ time in Gear 1–2 + 6 x 30" flat repeats building speed to Gear 7 by the end of each with 90" RI.	25–45' Strength/ Form running in Gear 1 with a focus on foot strike and cadence. You are strength training and developing muscle memory; stay patient with your speed.

WEEK 6

WORKOUT	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
FITNESS	3 Sets of Foot Core + 3 Sets of Wall Squats	1 Set of 100 Up Major & 3 Sets of Leg Stiffeners	OFF	2 Sets of Wall Squats + 3 Sets of Run Lunge	3 Sets of Foot Core	OFF	3 Sets of Wall Squats + 2 Sets of Run Lunge
FORM	OFF	3 x 6–8 Skipping for Height + 4 Sets of Sticky Hops	OFF	OFF	5 x 2' barefoot running in place to music playlist	Running Logs Part 1 & 2 + 2 Sets of Sticky Hops	OFF
FOCUS RUN	30–50' in Gear 2. Stay patient with speed and focus on form and getting into a steady groove.	10–20' in Gear 2 + 4 x 1' in Gear 7 with 90" RI + 4 x 4–5' in Gear 5 with 2' RI.	15–30' Strength/ Form running in Gear 1 with a focus on foot strike and cadence. Visualise running over logs.	20–30' in Gear 2 + 6 x 30" hill repeats with hands behind your head/elbows wide. 5 x 30" hill repeats with normal arms.	OFF	80% of your Big Deal Distance/ time in Gear 1–2 + 7 x 30" flat repeats building speed to Gear 7 by the end of each with 90" RI.	25–45' Steady in Gear 2 with relaxed form. Start to feel good and bad form, and adjust as you run.

WEEK 7

WORKOUT	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
FITNESS	3 Sets of Foot Core + 3 Sets of Run Lunge	1 Set of 100 Up Major & 3 Sets of Leg Stiffeners	OFF	3 Sets of Wall Squats + 2 Sets of Run Lunge. Increase reps to continue to add challenge.	3 Sets of Foot Core. Increase challenge by adding more time/reps or with less balancing aid.	OFF	2 Sets of 100 Up Minor + 3 Sets of Run Lunge
FORM	OFF	3 x 6–8 Skipping for Height + 4 Sets of Sticky Hops	OFF	OFF	3 x 3' barefoot running in place to music playlist	Running Logs Part 1 & 2 + 2 Sets of Sticky Hops	OFF
FOCUS RUN	30–50' in Gear 2. Stay patient with speed and focus on form and getting into a steady groove.	10–20' in Gear 2 + 5 x 30" building speed to Gear 7 with 90" RI + 3 x 6' in Gear 5 with 2–3' RI.	15–30' Strength/ Form running in Gear 1 with a focus on foot strike and cadence. Visualise running over logs.	20–30' in Gear 2 + 4 x 20" hill repeats with hands behind your head/elbows wide. 8 x 30" hill repeats with normal arms.	OFF	85% of your Big Deal Distance/ time in Gear 1–2 + 8 x 30" flat repeats building speed to Gear 7 by the end of each with 90" RI.	25–45' Steady in Gear 2 with relaxed form. Start to feel good and bad form, and adjust while running.

WEEK 8

WORKOUT	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
FITNESS	Complete Day Off. Remember, recovery is when you get stronger.	2 Sets of Foot Core + 2 Sets of Run Lunge	OFF	OFF	2 Sets of Foot Core + 2 Sets of Run Lunge	3 Sets of Wall Squats	Complete Day Off. Remember, recovery is when you get stronger.
FORM	OFF	OFF	Running Logs Part 1 + 4 x 6–8 Skipping for Height. Be relaxed to get height.	OFF	3 x 2' barefoot running in place to music playlist	Running Logs Part 1 & 2 + 3 Sets of Sticky Hops	OFF
FOCUS RUN	OFF	30–50' in Gear 2. Stay patient with speed and focus on form and getting into a steady groove.	OFF	20–30' in Gear 2 + 5 x 20" hill repeats + 3 x 1' flat intervals in Gear 7 with 2' RI	OFF	40–60' in Gear 2. Good recovery.	OFF

WEEK 9

WORKOUT	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63
FITNESS	2 Sets of Foot Core + 4 Sets of Run Lunge	1 Set of 100 Up Major & 2 Sets of Leg Stiffeners	OFF	4 Sets of Wall Squats + 2 Sets of Run Lunge	3 Sets of Foot Core + 2 Sets of Leg Stiffeners	OFF	2 Sets of Foot Core
FORM	OFF	4–5 Sets of Sticky Hops + 2 Sets of Skipping for Height	5 x 1' barefoot running in place to music playlist	OFF	3 x 3' barefoot running in place to music playlist	4 Sets of Sticky Hops	OFF
FOCUS RUN	35–60' in Gear 2. Stay patient with speed and focus on form and getting into a steady groove.	15–30' in Gear 2 + 4–5 x 3' in Gear 7 with 3' RI. Use all of the RI.	20–45' Strength/ Form running in Gear 1 with a focus on foot strike and cadence. Visualise running over logs.	20–30' in Gear 2 + 3–4 x 6' in Gear 5 with 2' RI.	OFF	85% of your Big Deal Distance/ time in Gear 1–2. Focus on spending a lot of time steady in Gear 2 + 5–7 x 20" moderately fast downhill repeats with a focus on good foot strike. Slow down enough so you do not heel-strike.	20–45' Strength/ Form running in Gear 1 with a focus on foot strike and cadence. Visualise running over logs.

WEEK 10

WORKOUT	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
FITNESS	2 Sets of Foot Core + 4 Sets of Run Lunge	1 Set of 100 Up Major & 2 Sets of Leg Stiffeners	OFF	2 Sets of Wall Squats with increased reps + 4 Sets of Run Lunge	3 Sets of Foot Core + 2 Sets of Leg Stiffeners	OFF	2 Sets of Foot Core
FORM	OFF	4–5 Sets of Sticky Hops + 2 Sets of Skipping for Height	5 x 1' barefoot running in place to music playlist	OFF	3 x 4' barefoot running in place to music playlist	5 Sets of Sticky Hops	OFF
FOCUS RUN	35–60' in Gear 2. Stay patient with speed and focus on form and getting into a steady groove.	30' in Gear 2 + 4–5 x 3.5' in Gear 7 with 3' RI. Use all of the RI.	20–45' Strength/ Form running in Gear 1 with a focus on foot strike and cadence. Visualise running over logs.	15–30' in Gear 2 + 8'/6'/4' in Gear 5 with 2' RI.	OFF	90% of your Big Deal Distance/ time in Gear 1–2 + 7 x 20" moderately fast downhill repeats with a focus on good foot strike. Slow down enough so you do not heel-strike.	OFF

WEEK 11

WORKOUT	DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76	DAY 77
FITNESS	2 Sets of Foot Core + 3 Sets of Wall Squats	3 Sets of Leg Stiffeners	OFF	1 Set of Wall Squats with increased reps + 5 Sets of Run Lunge	3 Sets of Foot Core + 2 Sets of Leg Stiffeners	OFF	2 Sets of Foot Core
FORM	OFF	2 Sets of Sticky Hops + 2 Sets of Skipping for Height	OFF	OFF	4 x 2' barefoot running in place to music playlist	Running Logs Part 1 & 2 + 3 Sets of Sticky Hops	OFF
FOCUS RUN	35–60' in Gear 2. Stay patient with speed and focus on form and getting into a steady groove.	30' in Gear 2 + 4–5 x 4' in Gear 7 with 4' RI. Use all of the RI!	20–40' Strength/Form running in Gear 1 with a focus on foot strike and cadence. Visualise running over logs.	35–60' in Gear 2. Stay patient with speed and focus on form and getting into a steady groove.	OFF	20–30' in Gear 2 + 3 x 8' in Gear 5 with 2' RI	40–70' in Gear 2

WEEK 12

WORKOUT	DAY 78	DAY 79	DAY 80	DAY 81	DAY 82	DAY 83	DAY 84
FITNESS	Complete Day Off. Remember, recovery is when you get stronger.	1 Set of Leg Stiffeners	2 Sets of Foot Core	2 Sets of Wall Squats with increased reps + 2 Sets of Run Lunge	Complete Day Off. Remember, recovery is when you get stronger.	OFF	Complete Day Off. Remember, recovery is when you get stronger.
FORM	OFF	3 Sets of Skipping for Height	OFF	2 Sets of Sticky Hops	OFF	3 Sets of Skipping for Height + 2 Sets of Sticky Hops	OFF
FOCUS RUN	OFF	30' in Gear 2 + 3 x 3' in Gear 7 with 3' RI. Then finish with 8' between Gear 4–5 (you can estimate Gear 4 by feel).	20–40' Strength/Form running in Gear 1 with a focus on foot strike and cadence. Visualise running over logs.	35–60' in Gear 2	OFF	100% of your Big Deal Distance in Gear 1–2.	OFF

WEEK 13

WORKOUT	DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90
FITNESS	2 Sets of Foot Core + 3 Sets of Wall Squats	OFF	2 Sets of Wall Squats + 3 Sets of Run Lunge	2 Sets of Foot Core	OFF	OFF
FORM	OFF	2 Sets of Skipping for Height + 2 Sets of Sticky Hops	OFF	2 Sets of Sticky Hops	OFF	2 Sets of Skipping for Height + 2 Sets of Sticky Hops
FOCUS RUN	20–30' Strength/ Form running in Gear 1 with a focus on foot strike and cadence. Visualise running over logs.	30' in Gear 2 + 3 x 2' in Gear 7 with 4' RI. Pay attention to how this feels to help you pace for the retest on Day 90.	20–40' in Gear 2. Stay patient so you are fresh for the test.	OFF	20–30' Strength/ Form running in Gear 1.	One-Mile Test on the same course used at the beginning of the programme.



You can find videos of all the exercises in this book, as well as the 90-Day Run Free programme,
in the Born to Run training app at borntorun.world/runfreeplan