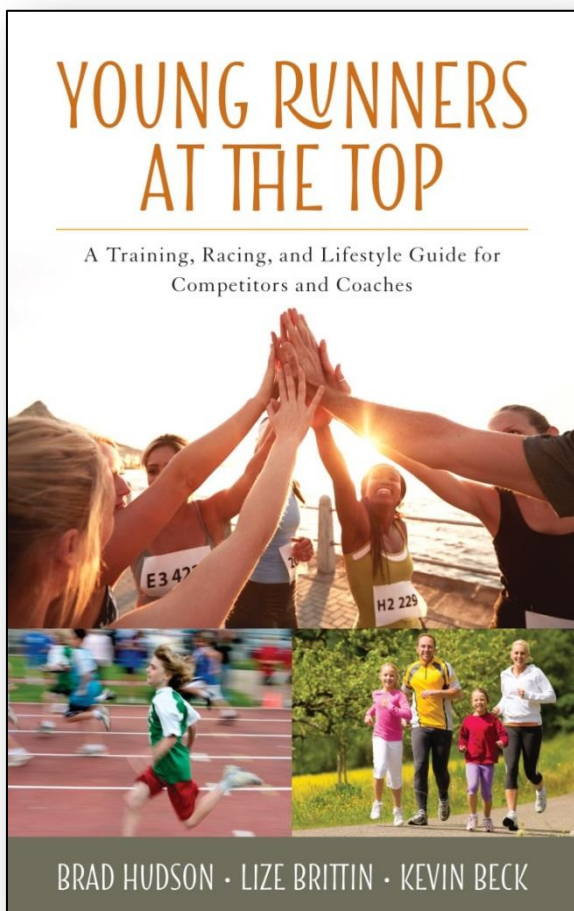


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YOUNG RUNNERS AT THE TOP

A Training, Racing, and Lifestyle Guide for Competitors and Coaches

By Brad Hudson, Lize Brittin, and Kevin Beck

“*Young Runners at the Top* helps coaches and parents understand the delicate balance between fitness and competition, all while keeping in mind the goal of the sport is to develop the whole person and promote a life-time love of running.”—**Blake Russell, 2008 marathon Olympian and five-time national champion**

“Hudson, Brittin, and Beck have created the first and only training guide that ensures its readers run well and happily not just today but for a lifetime.”—**Matt Fitzgerald, running coach, nutritionist, and author of *How Bad Do You Want It?***

Young Runners at the Top: A Training, Racing, and Lifestyle Guide for Competitors and Coaches provides helpful instructions and suggestions for runners of all abilities. Drawing on their experiences as coaches and runners, authors Brad Hudson, Lize Brittin, and Kevin Beck offer insights into how pre-teens and teens

can become faster and stronger athletes. Chapters cover such key topics as choosing the right gear, cross-training, the mental side of running, new technology, how to integrate running into daily life, and proper nutrition. Sample training schedules for beginning, intermediate, and elite runners make this a truly comprehensive resource for runners at all levels. This book not only encourages young runners to develop the inner strength and discipline required in a demanding sport but also how to maintain a positive attitude and enjoy the act of running day after day, year after year.

Brad Hudson is one of the most respected distance-running coaches in the U.S. He competed in the Olympic Trials Marathon and has coached a slew of world-class runners in Oregon and Colorado. He is the head of the Hudson Training Systems Elite group.

Lize Brittin is a writer and runner. She is the author of *Training on Empty* (2013) and has written for publications such as *Competitor*, *Active Cities*, *Boulder Magazine*, and *Thrill*. At age sixteen Brittin set a women’s record at the Pikes Peak Ascent, considered one of the most challenging mountain races in the country.

Kevin Beck was a senior writer for *Running Times* magazine for over a dozen years. He is a regular contributor to *Competitor Running*, *Triathlete Magazine*, and *Men’s Fitness* and is the editor of the training book *Run Strong* (2005). Beck has coached at the high school and open category levels and gives talks across the country.

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