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Pyramid By David Holt**

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Galloway's 5K and 10K Running Training & Racing: The Running Pyramid Paperback by David Holt (Author) 12/20/1998. Run Fast:

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Runners World magazine writer, answers running questions and provides training programs. Hal Higdon has been writing and running for half a century. After

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training, & racing : the running pyramid. Goleta, Calif. : [D. Holt], 1998. Edition/Format: 10K and 5K running, training, and racing: Responsibility:

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Mar 02, 2013 Most runners considering the 10K already have the miles under their belts to compete adequately in the distance. The Cool Running training program enhances

## **Running-world.net :: racing tips for 5k to 10k -**

Race at One mile to 10K, but train at Jog & Train for Fun, Health & to Race the 5K by David Holt, which takes joggers and runners to the 5K and to the 10K if

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David Holt Publication date: May 2003. 10K & 5K Running: Jog, Run, Train & Race 5K, 10K to 10 miles. David Holt \$ 7.99. 401 Injury Prevention & Treatment Tips to

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31 minute 10K runner David Holt covers the Five Phases of training for 5K and 10K runners. Training plans at all intensity levels and from 20-100 miles per week.

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**Ebook 5k challenge kickoff meeting: tuesday, april**

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**Beginner 10k training plan - cool running**

Sep 06, 1997 A training schedule for beginning runners who want to start racing the 10K race distance.

**David holt | zoominfo.com**

by David Holt on April 7, 2009 in Run 10K & 5K Running, Training & Racing Running Dialogue David Brian Holt

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**Faster 5ks on 40 miles per week :: runcoach ::**

David Holt July 20, 2006. Balance your 5K Training & Racing: Experienced at 10K or 5K racing on 30 miles per week and done a hill training phase at 40 per

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