Running Faster

by David Murrie

RUNNING FASTER
the practice & science of speed

David W. Murrie

Applied Sports Science Series

Cover photo by Sarah Parker
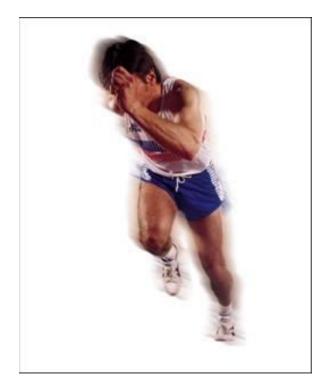Images by David Murrie except where indicated
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Evidence-based,
Practical Performance Enhancement

Photographer Alan Young

It may seem strange that someone who specialises in running slowly for extraordinarily long distances should be writing a foreword to a book entitled "Running Faster – the practice and science of speed."

This is where you need to think again. The word 'speed' is relative and never more so than in athletics where a 100 m hurdler may decide to move up to 400 m, because she is lacking a bit of speed and someone like me may be looking at ways to increase his average speed over 1000 miles.

To put it simply there is no getting away from speed, no matter what your sport or what your discipline. I can't think of any activity where it is an advantage to move slower.

I first became acquainted with Dave Murrie in 1997 after an article he wrote about delayed onset muscle soreness (DOMS)

was published in a journal called The Coach (now defunct). That was the start of a long coaching journey for me which in those days involved 100km running and then inexorably crept longer and longer with the current longest being a 1000 miles race.

Dave's longevity in coaching, his extraordinary breadth and diversity of knowledge across sports as different as skiing, sprinting and ultra-marathon running, to name but a few, is unmatched.

I have benefited from Dave's support, advice and coaching throughout a long career in the most demanding of events. He always seemed to have the right answers to whatever I threw at him. Dredging information and advice from that huge bank of experience developed from years of working in such diverse sporting environments.

Now he has successfully attempted to lay down that knowledge and experience, where it is associated with running faster, in this book which is a must read for every sports person, all of whom will benefit from more speed.

William Sichel

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David Murrie was himself a sprinter who trained alongside Sebastian Coe and David Moorcroft at Loughborough University.

He has competed at every distance from 40yards to the marathon and worked extensively in training and skill development with coaches and athletes across a wide variety of sports.

As well as being coach and sports science adviser for more than a decade to multiple record breaker and world class ultra-marathon runner William Sichel, David has coached National sprint record holders, Premiership footballers, National Collegiate American Football champions, Regional female basketball players and National netball squads.

David has advanced coaching awards in numerous sports and in particular is a full level 4 speed coach with British Athletics.

He has coached running faster in England, Scotland, America, India and Singapore.

David is able to integrate the science of the human body to high level sports specific training and sports specific movements as an experienced, practising professional.

He has a wide ranging, unique background as Head of Sport and Sciences, principal lecturer in coaching sciences, senior lecturer in biomechanics & physiology, lecturer in human movement science, and as a professor of physical education and coaching in the United States.

David is also an experienced trainer of sports coaches and physical education teachers, as well as a successful International speed coach and football coach.

Photo by Dr Green T Waggener

INTRODUCTION

This reference e-book is about training to run faster using researched and tested methods and principles.

It is for runners, athletes, games players and sports coaches that want to train speed effectively for their sport or event, using good evidence and experienced practice.

KEY POINT
Even recreational runners
(for example in the 10K or marathon)
Have a time or a personal best they would like to improve upon.

For the coach it is not simply about how fast you go (however objectively measured) it is about how you go fast and how you get faster; the performance and training are analysed, not just the result.