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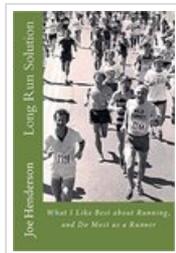
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The Long Run Solution

[Joe Henderson](#)



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Description

In his updated introduction, Joe Henderson names Long Run Solution as his favorite book of the two dozen he has published: "This book is my clearest statement of how I feel about running. Much of what I've written since its original publication in 1976 is touched on here, and most of these feelings have changed little in the meantime. Naming LRS as my favorite book might sound like a knock on the books that have followed, but it really isn't. They served purposes, just as races do after the last personal record is set. There is value -- even a certain nobility -- in keeping going after we've peaked. Which is the message of this book: Do what it takes to run long, not in miles but in years and decades."

ISBN

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Publication Date

1976

Publisher

World Publications

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