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all ages, backgrounds, and  
skill levels can learn to

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maximize their performance  
by supplying the brain with  
the right feedback.

**Brain Training for Runners:  
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A Revolutionary New Training  
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Based on Fitzgerald's eight-

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Brain Training. Runners of all ages, backgrounds, and skill levels can learn to maximize their performance by supplying the brain with the right feedback.

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book will help runners . . .

## To Improve Endurance Sd

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## Fitzgerald

Brain Training for Runners  
is for any runner searching  
for a customizable system

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that supports the continued development of the mind and the body. I am training and competing on a whole new level because of what I discovered while reading this book and have never been more confident in my

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potential as an athlete  
because I now have a better  
understanding of how my  
brain regulates my body--not  
the other way around.

**Book Review: Brain Training  
for Runners | ACTIVE**

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Based on Fitzgerald's eight-point brain training system, this book will help runners:

- Resist running fatigue -
- Use cross-training as brain training -
- Master the art of pacing -
- Learn to run "in the zone" -
- Outsmart

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injuries – Fuel the brain  
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And more Packed with cutting-  
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examples, and the wisdom of  
the world's top distance  
runners, Brain Training for  
Runners offers easily

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applied advice and delivers  
practical results for a  
better overall ...

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So a few researchers

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scattered around the globe  
have begun testing methods  
of harnessing the brain's  
power: zapping it with  
electric current, modifying  
the activity of certain  
brain regions, or...

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## **How to Build Mental Muscle | Runner's World**

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pacing - Learn to run "in  
the zone"

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Fitzgerald Training, the author talks about the ballistic style of running that elite runners use and

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how they are actually floating in the air the majority of the time. Practicing his cues helped me evolve my stride to emulate the elite runner form and all I can say is WOW.



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reviews: Brain Training for  
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Brain Training for Runners:  
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Paperback – Illustrated,  
Sept. 4 2007 by Matt  
Fitzgerald (Author), Tim  
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of 5 stars 97 ratings See  
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## **A Revolutionary New Training**

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In 2008, German

neuroscientists put that

right. They used functional

brain imaging to show that,

in trained runners, beta-

endorphin levels do indeed

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spike in the brain after a  
two-hour run....

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The ...**

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- Master the art of pacing -
- Learn to run "in the zone" -
- Outsmart injuries -
- Fuel the brain for maximum performance -

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And more Packed with cutting-edge research, real-world examples, and the wisdom of the world's top distance runners, Brain ...

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I ran my first marathon a few months ago. In addition to the usual training --



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tempos, intervals, long runs, mileage -- I did 12 weeks of computer-based "brain endurance training" with the aim of...

**Brain Endurance Training |  
Runner's World**

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Runners of all ages, backgrounds, and skill levels can learn to maximize their performance by supplying the brain with the right feedback. Based on Fitzgerald's eight-point brain training system, this

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