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In Flight Running Archives Available

April 17th 2015: How VO2 and Metabolic Testing Can Improve Your Running

If you are hooked on the sport of running you know that it can be a constant battle with yourself as you continue to search for ways to become faster, less injured and be the best trained and prepared runner you can be on race day. Many focus on sheer pace per mile as their sole barometer of improvement during their training but that strategy may give many runners a false read on their true performance. During In Flight Running episode #3, Coach Michael Merlino explains how metabolic testing and determining your VO2 Max, anaerobic threshold, individual heart rate training zones and resti

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