

Simple Marathon Training: The Right Training For Busy Adults With Hectic Lives

By Jay Johnson

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Editorial Review

About the Author

Jay Johnson has coached collegiate, professional and adult runners for more than fifteen years. Jay has also coached three US champions (cross country, indoor track and road racing) and has helped dozens of adult runners PR over distances from 1 to 100 miles. Jay earned his Masters of Science in Kinesiology and Applied Physiology from the University of Colorado, a degree he started working on while running on the varsity cross country team which is chronicled in the book *Running with the Buffaloes.*

Jay is the host of the Run Faster Podcast and his blog, CoachJayJohnson.com, is a resource for runners across the world. Jay has written for brands such as Nike, sites such as Active.com, multiple magazines and has been quoted in a variety of publications, including Wired, Outside and Runner's World.

In addition to his passion for running, Jay also has a passion for his students and clients. He's dedicated to helping people achieve their running and fitness goals.

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