



HOW TO RUN BY FEEL

and get faster in the process



this is a 100% effort-based guide for how to
run faster, **without the pressure of numbers**

it's surprisingly easy.

the key is to run in two modes purely by feel,
aka without a watch

you will **inevitably** get faster as a result.

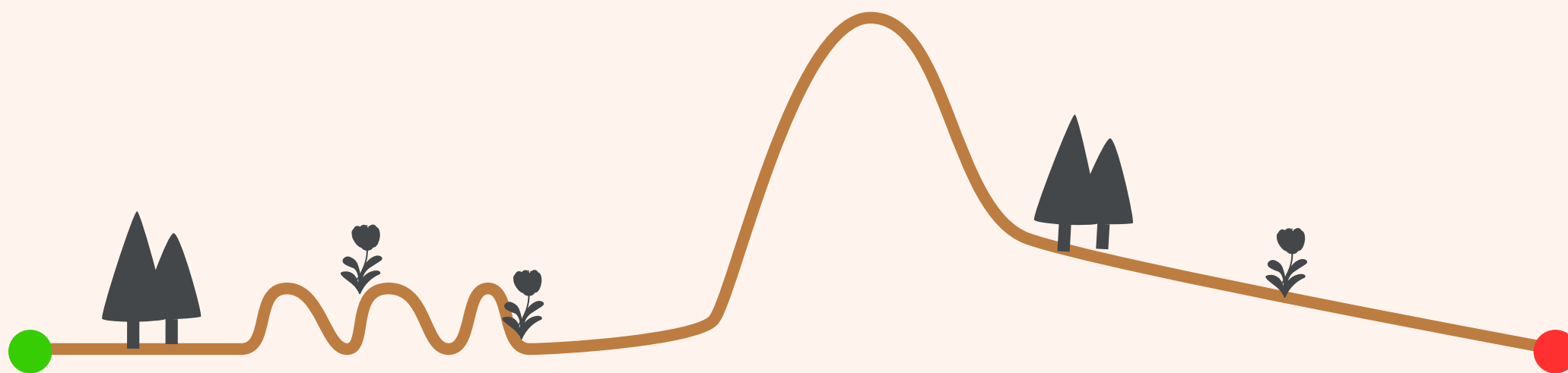
here's how →

STEP 1

Ditch your watch and your ego

STEP 2

Find a pretty hilly place



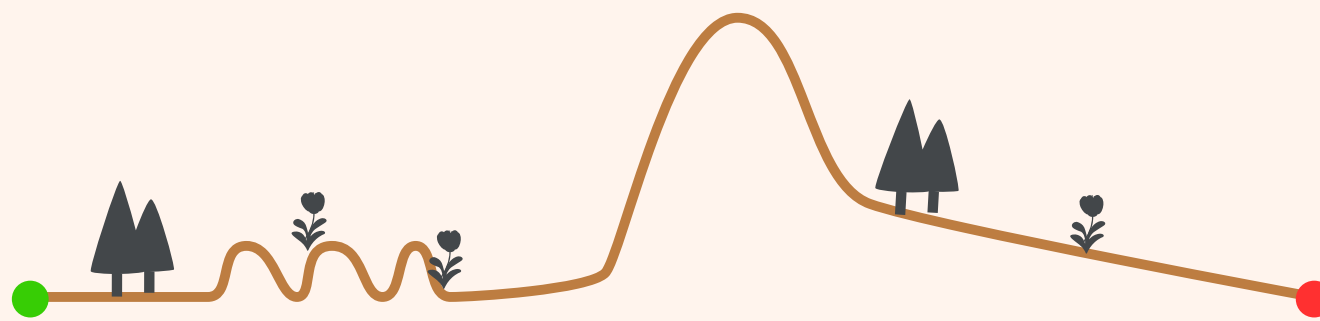
STEP 3

Go **Easy 80%** of your runs and **Fartlek 20%**.

THE EASY RUN

Vary pace to keep **consistent conversational effort**

YOUR HILL



Pace



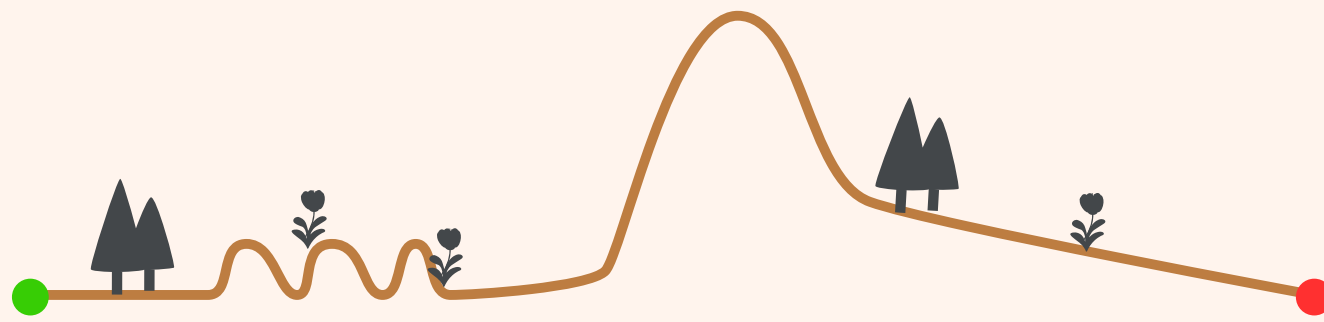
Effort



THE FARTLEK RUN

Vary effort to keep **consistent pace**

YOUR HILL



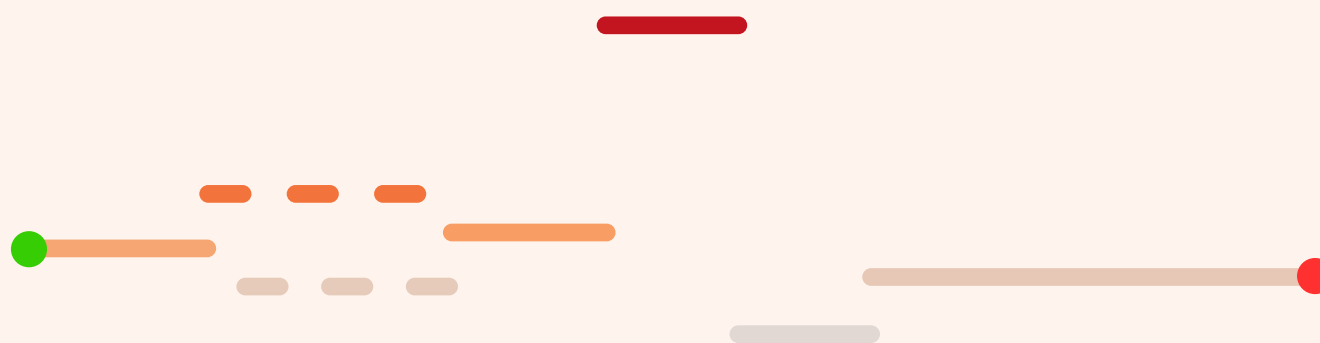
Pace

fast
slow



Effort

hard
easy



WHY THIS WORKS

To get faster, you need to do two things: 1) build a strong **aerobic base** and 2) occasionally stress your **anaerobic ceiling**. This roughly translates to 1) making running feel easier and 2) increasing your capacity to run hard.

Frequent easy runs, kept TRULY easy, build your aerobic base. This should be the vast majority of what you do.

Occasional Fartleks (“speed play” in Swedish) train your anaerobic ceiling via varied short speed intervals.

Doing runs on a hill simplifies things: you either keep constant effort (easy) or constant pace (Fartlek). Plus, you get better views.



When you run by effort, you can't fail.

When you can't fail, you're relaxed and have fun.

When you have fun, it's easy to be consistent.

When you're consistent, you make progress.

And when you make progress, you'll inevitably achieve your goals at some point.