

New Jersey Sports Medicine and Performance Center  
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## The 15 Laws of Training

1. Train Frequently, All Year Round
2. Start Gradually and Train Gently
3. Train First for Distance, Only Later for Speed
4. Don't Set Your Daily Training Schedule in Stone
5. Alternate Hard and Easy Training
6. Achieve As Much As Possible on a Minimum of Training
7. Don't Race When in Training or Train at Race Pace for Distances  
Above 16 km
8. Specialize
9. Incorporate Base Training and Sharpening
10. Prevent Overtraining
11. Train with a Coach
12. Train the Mind
13. Rest Before a Big Race
14. Keep a Detailed Log Book
15. Understand the Holism of Training

From Tim Noakes and Arthur Newton, *Lore of Running*.