Long Slow Distance; The Humane Way to Train

Joe Henderson

Description

"A revolutionary is where you find him," wrote running's leading writer, Dr. George Sheehan, as he reflected on the revolution-charged 1960s. "He could be the guy next door. Joe Henderson looks like a typical guy next door. Out of Iowa, he has the smile and style of the heartland of America. But he has fallen for that old Socratic saw that the unexamined life is not worth living. The first result was revolt, rebellion and a booklet called Long Slow Distance: The Humane Way to Train. The LSD method of running that Henderson espouses is not new. He has simply systematized it and, in effect, founded a new order, a new sect that has bid pain, suffering and sacrifice good-bye. Joe Henderson is a revolutionary not because his writings have produced a wave of faster runners, but because he has spawned happier ones." This slim volume, published in 1969, chronicles the revolution in approaches and attitudes that helped spark the running boom of 1970s. Long Slow Distance tells the stories of Henderson and five fellow revolutionaries (Amby Burfoot, Bob Deines, Tom Oder, Ed Winrow and Jeff Kroot) who all revolted against the speed training in vogue at the time. Independently they arrived at similar conclusions about their long-distance training, slowing and going longer.

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Long slow distance training is a form of continuous training performed at a constant pace of low to moderate intensity over an extended distance or duration. The moderate training intensity of LSD is effective in improving endurance and maximum oxygen uptake in individuals who are undertrained or moderately trained. Long slow distance training is thought not to be effective when used in isolation by well-trained athletes, who in order to achieve further improvements in metabolic conditioning require higher training intensities that are not sustainable at the work durations associated with LSD.