

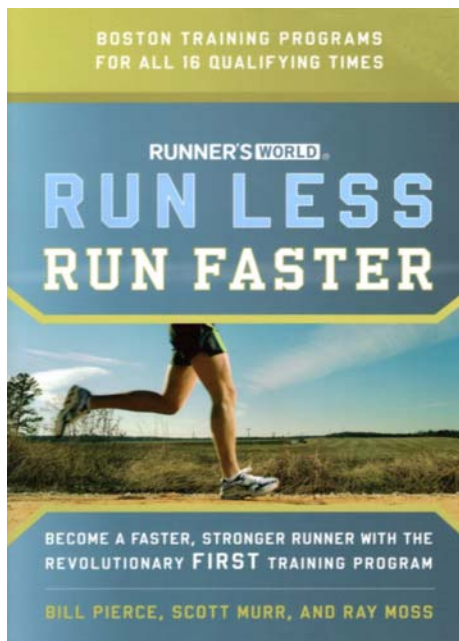


Recover *Faster* Train *Harder* Perform *Better*

IT'S "RUN LESS", NOT "EXERCISE LESS"

Scott Murr, Co-Author of *Run Less, Run Faster*

Scott Murr is the Director of the Fitness and Aquatics Center at Furman University in Greenville, SC. Together with his colleagues at Furman, Bill Pierce and Ray Moss, Scott developed the "3PLUS2" training program which has been popularized in the Runner's World book "Run Less, Run Faster". Scott is an experienced marathoner and 10-time Ironman Triathlon finisher (including 4 finishes at Kona). He has a doctorate from Furman University in Health and Exercise Science.



nuBound: Can you describe the "3plus2" program that forms the basis for *Run Less, Run Faster*?

Scott Murr: The name "3plus2" is shorthand for three quality runs, plus two (or more) cross training sessions per week. The three runs comprise a session of track repeats (to improve VO2 max, running speed and economy), a tempo run (to raise the lactate threshold) and a long run (to boost aerobic metabolism).

We've confirmed, through several studies, that

athletes who follow this training protocol can not only maintain their speed, but actually even increase it. The basis of the program is that these three runs are not easy. Most participants describe them as being uncomfortable.

For most people, hard is not hard and easy is not easy. All their runs tend to fall into a mushy middle. We isolate the three quality workouts in a serious training program for runners and insist that they be run fast.

While the title of our book says "Run Less" it does not mean "Exercise Less". The title can be a bit seductive, though it's not meant to be. Athletes need to complement the running workouts with two (or more) days of cross training like swimming, cycling, rowing or whatever aerobic activity they desire.

nuBound: What's the origin of the "3plus2" program?

Scott Murr: The story begins over twenty years ago when I was a grad student at Furman. I was a distance runner training for the marathon and my training partner was also my thesis advisor, Bill Pierce.

We'd become excited about doing a triathlon and started working swimming and biking into our training programs. We were concerned that as we did this we would start to lose our edge as runners. Our expectation was that our run times would increase as we substituted swimming and biking into our training.

To our surprise, we found that while we were running less, our times did not increase and we continued to be competitive in our running.

Since we thought the two of us might just be unique subjects, we undertook a research study to look at the effect of "3plus2" training on running fitness. (One of the benefits of being a professor of exercise science is that you have the means at hand to analyze your training). We recruited runners for a 16 week study and found that the majority of them were able to improve

their times.

In this initial study, we allowed participants to run as many as five days per week, providing they kept the three quality workouts as specified. What we found was that while most began by running five days, very few continued doing this through the entire program. The running workouts were hard enough to convince most people that cross training was a good alternative on the off days.

nuBound: How did you discover nuBound?

Scott Murr: It's a long story--I did my homework before I gave it a try.

I first heard about **nuBound** through an ad in *Triathlon Life* magazine. I was intrigued and went to the web site where I learned a good bit more. But, I'm a skeptic so I did some research on my own. I contacted **David Willy**, the editor in chief of *Runner's World* magazine, whom I know because of his involvement with our book.

After David confirmed that **nuBound** was beneficial to him in his training, I continued my research by looking up the work of **Lars McNaughton** on nucleotide supplementation. Again, I was impressed that there does seem to be something here.

At that point, I ordered some, tried it and found that it did work for me. I used it this fall while training to run a sub-3:00 marathon (at age 49).

At this point, **nuBound** is a part of my training arsenal. I'm planning to run a fast Boston Marathon in the spring and will continue using **nuBound**.

nuBound: Can you expand a bit more on your personal training program?

Scott Murr: Sure. Proper training involves a balance between quality training, quality nutrition and quality recovery. It's a triad where each of the parts balances and reinforces the other two.

There's no silver bullet. A well-rounded, balanced approach produces the best results. One element to pay attention to is stress. It's a cumulative factor. Athletes purposely impose stress upon their bodies by training. The stimulus of training imposes a stress upon the body with the intent of

producing the desired training adaptation. This part is good.

But, as I said, stress is cumulative, so other factors such as worry, lack of sleep, and bad eating habits (nobody's perfect here) can add up and overwhelm the body, slowing recovery and these positive adaptations. Additionally, endurance training can lead to immune suppression. **David Nieman** at Appalachian State has published several studies demonstrating this effect. **nuBound** provides a way to mitigate the effects of stress, speed recovery and combat immunosuppression.

That's why **nuBound** is useful for everyone. It's an easy way to supply nutrients that the body takes up when under stress and it aids the recovery process.