

PREVIEW_ Mark Cucuzzella - Presentation (BRECK 2017) 2

Dr. Cucuzzella: I think if you want to learn to run slow, do this... Tape your mouth because you actually increase your speed by running slow. That was Peter Snell, that won three gold medals.

But what we're trying to do is build this pyramid from the bottom up. Okay most people do the wrong thing. They think, "I got to go exercise hard." And they always work at the top and they destroy themselves.

But you got to build the foundation from the bottom up. All that anaerobic stuff is kind of the icing on the cake. Build the foundation.