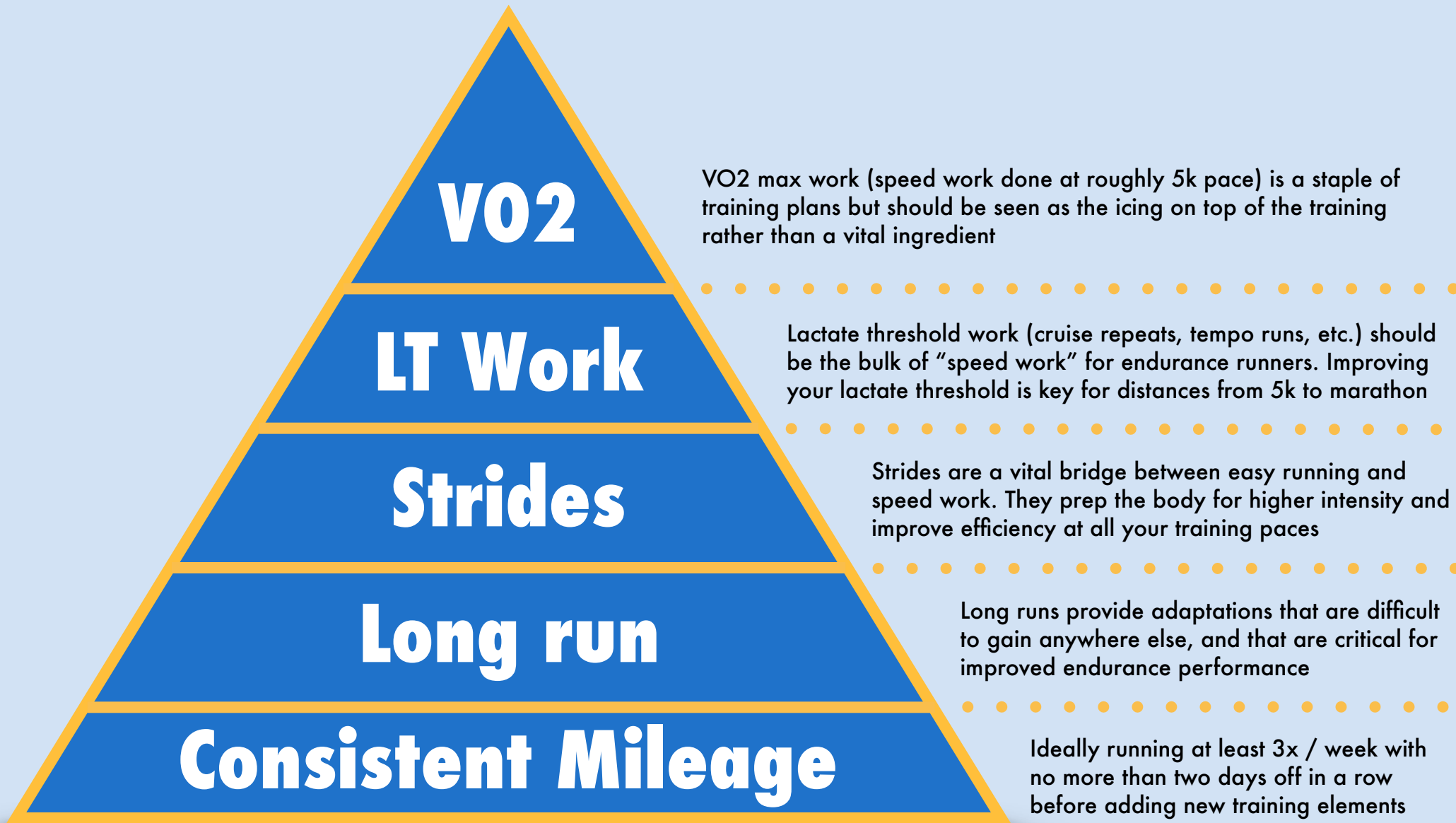


# Hierarchy of Endurance Training Needs

by Coach Carl Leivers



For more tips and suggestions, visit [RunningCoachCarl.com](http://RunningCoachCarl.com)