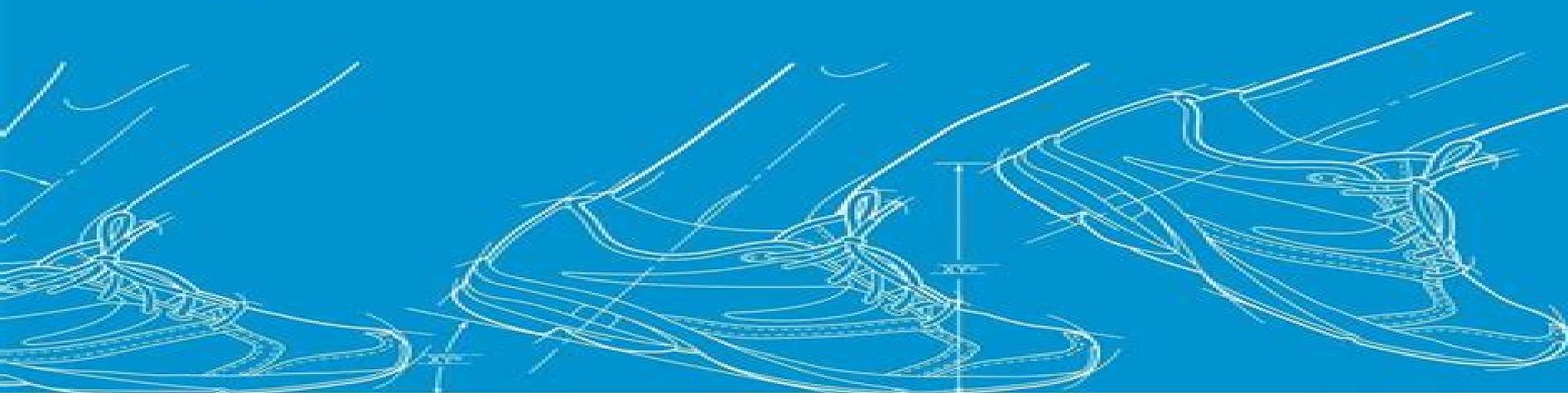


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**Natural Running The Simple Path To Stronger Healthier
Danny Abshire**

John Vonhof



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Natural Running Danny Abshire, Brian Metzler, 2010-12-01 Natural Running is the middle ground runners have been looking for. By learning to run the barefoot way while wearing shoes runners will become more efficient stronger and healthier runners. Backed by studies at MIT and Harvard running form and injury expert Danny Abshire presents the natural running technique form drills and an 8 week transition plan that will put runners on the path to faster more efficient and healthier running. In Natural Running Abshire explains how modern running shoes distort the efficient running technique that humans evolved over thousands of years. He reviews the history of running shoes and injuries making the case for barefoot running but also warning about its dangers. By learning the natural running technique runners can enjoy both worlds comfortable feet knees and legs and an efficient running form that reduces impact and injuries. Natural Running teaches runners to think about injuries as symptoms of poor running form. Abshire specifies the overuse injuries that are most commonly associated with particular body alignment problems foot types and form flaws. Runners will learn how to analyze and identify their own characteristics so they can start down the path to natural running. Abshire explains the natural running technique describing the posture arm carriage cadence and land lever lift foot positioning that mimic the barefoot running style. Using Abshire's 8 week transition plan and a tool kit of strength and form drills runners will move from heel striking to a midfoot or forefoot strike. Natural Running is the newest way to run and also the oldest. By discovering how they were meant to run runners will become more efficient stronger and healthier runners.

Running Doc's Guide to Healthy Running Lewis G. Maharam, 2013-09-13 Running Doc's comprehensive book on running injuries can help you solve your aches and pains for years of healthy running. For a runner injury is a terrible fate. Yet every year nearly half of America's runners suffer an injury severe enough to bring them to a halt. Trust the Running Doc to get you back on your feet. Dr Lewis G Maharam MD is the most trusted authority on running health and running injuries and his guide will help you avoid or fix nearly every common running related injury. If you're already injured Running Doc's book will help you diagnose treat and recover to run pain free. From head to toenails Running Doc's Guide to Healthy Running is the most comprehensive guide to running injuries and preventative care. Running Doc offers simple effective treatments for every common running injury and also delivers easy to follow advice on the best way to prepare for and enjoy running events of all types and distances. Running Doc's Guide to Healthy Running addresses How running is good for your health Healthy training programs for races and running events Choosing running shoes for your gait and feet Guidelines for running in cold weather hot weather and dry climates Safe and healthy marathon and half marathon training Running with a cold the flu and aches and pains Feet and ankle injuries including plantar fasciitis Lisfranc sprains Legs and knee injuries including Runner's Knee IT Band Syndrome tendinitis Back pain from sciatica piriformis syndrome and related issues No matter your malady Running Doc has got you covered. Get healthy and get back on your feet with Running Doc's Guide to Healthy Running

Smart Marathon Training

Jeff Horowitz, 2011-10-01 Old school marathon training plans ask runners to crank out 70 to 100 miles a week. It's no wonder those who make it to the start line are running ragged. Smart Marathon Training maps out a healthier, more economical approach to training that emphasizes quality over quantity. With more than 75 detailed exercises plus six easy-to-follow training plans for half and full marathons, Smart Marathon Training will get you to the starting line feeling refreshed and ready to run your best race yet. This innovative program eliminates junk miles, paring down training to three essential runs per week and adding a dynamic strength and cross-training program to build overall fitness. Runners will train for their best performance in less time and avoid the injuries, overtraining, and burnout that come from running too much. Smart Marathon Training builds up a runner's body to resist injury. Runners gain the strength they need to run long using functional exercises that target the hips, glutes, and quads. Running is a full-body sport, so this training program also builds a strong core and upper body to avoid injuries that begin above the waist. No one fakes a marathon or half marathon; everyone has to do the work. But Smart Marathon Training replaces long, grinding miles with low-impact cross-training. Horowitz outlines a cycling plan to complement run workouts, boosting base fitness while saving runners' bodies for their best runs. **Train Like a**

Mother Sarah Bowen Shea, Dimity McDowell, 2012-03-20 This follow-up to the authors' *Run Like a Mother, Train Like a Mother* comprehensively covers how to train for a race, including training plans for four race distances: 5K, 10K, half marathon, and marathon, for both beginner and more experienced runners; the importance of recovery; pre- and post-race nutrition; strength training; and more. **The Everything Running Book** Art Liberman, Randy Brown, Eileen Myers, 2011-12-18

Running can help you lose weight, create a healthy body image, and boost your self-esteem. No matter your fitness level, you too can enjoy the benefits of this sport. With this book, you'll gain the knowledge and tools you need to run a 10K, a marathon, or just a lap around the block. The new edition includes cutting-edge information on hugely influential trends in natural running, including ChiRunning, barefoot running, and cross-training with yoga and meditation. Information on how to select the right gear and manage your nutrition, including details on new diets favored by endurance athletes. A dedicated section on running for women, including specific nutritional and physical concerns. Whether you're a beginner or a seasoned veteran, this book has everything you need to maximize your running potential from start to finish. Fixing Your Feet John

Vonhof, 2016-08-02 Foot pain and injuries can thwart even the most experienced athletes. Foot expert and ultra runner John Vonhof discredits the conventional wisdom of "no pain, no gain," teaching instead how the interplay of anatomy, biomechanics, and footwear can lead to happy or hurting feet. With a focus on individual and team care, the 6th edition of *Fixing Your Feet* covers all that any active person needs to know to find out what works now and also hundreds of miles down the road. This sixth edition has an important new chapter: Blister Prevention: A New Paradigm. It contains new information about blister formation and introduces the concept of shear, which in turn changes the way we look at blister prevention and treatment. This comprehensive resource covers the full gamut of footwear basics, prevention, and treatments. If it can happen to a foot, it

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