



The Running Revolution How to Run Faster, Farther, and Injury-Free--for Life

By Kurt Brungardt

Penguin Books. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 9.2in. x 7.4in. x 0.7in. From a two-time Olympic coach who has trained the running elite, an essential guide for all runners seeking to go faster and farther without injury Christopher McDougalls Born to Runand the wildly popular natural running trend it sparkedchanged the way we think about running, but it has also prompted many questions: Have we been running the wrong way And, have we been running in the wrong kind of shoe What is the safest type of foot strike How many types are there And what is a foot strike anyway No existing guide has clearly addressed these concernsuntil now. The Running Revolution provides both beginning and experienced runners with everything they need to know in order to safely and efficiently transition to and master a safer and more biomechanically efficient way of running that is guaranteed to improve performance and minimize wear and tear on the body. More than a one-size-fits-all guide, The Running Revolution will provide readers with clear instructions that they can easily integrate into their unique running histories in order to run safely, intelligently, and efficiently for many years to come. This item ships...



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