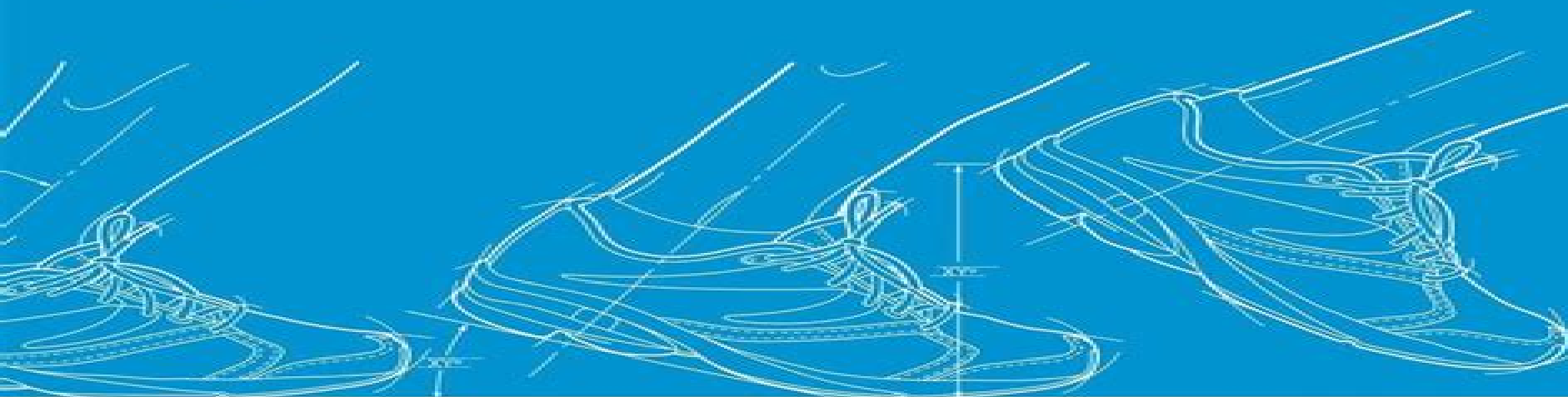


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by danny abshire
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**Natural Running The Simple Path To Stronger Healthier
Danny Abshire**

Dimity McDowell, Sarah Bowen Shea

Natural Running The Simple Path To Stronger Healthier Danny Abshire:

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

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,Tonya Olson,2021-11-09 Get the book that covers what you need to know about foot care including footwear prevention and treatment Hiking backpacking running walking and other athletic endeavors your feet take a beating with every step Don t wait until foot pain inhibits your speed strength and style Learn the basics along with the finer points of foot care before pain becomes a problem Foot expert and ultrarunner John Vonhof and physical therapist Tonya Olson share how the interplay of anatomy biomechanics and footwear can lead to happy or hurting feet Fixing Your Feet covers all that you need to know to care for your feet right now and hundreds of miles down the road Inside You ll Find Tried and true methods of foot care from numerous experts Tips and anecdotes about recovery and training Information about hundreds of foot care products for nearly every foot ailment High interest topics such as Barefoot Minimalist Footwear Blister Prevention and Providing Foot Care for Athletes Discussions of individual foot care and team care From heels to toes products to pathology resources to rehabilitation this book has it all An essential guide Runner s World

Train Like a Mother Dimity McDowell,Sarah Bowen Shea,2012-03-20 The authors of Run

Like a Mother share a comprehensive guide to race training for busy runners of all experience levels In Train Like a Mother elite runners Dimitry McDowell and Sarah Bowen Shea offer inspiration and practical advice on how to run a race from training plan to finish line Covering four race distances 5K 10K half marathon and marathon they discuss pre and post race nutrition strength training injury prevention and rehab the importance of recovery and everything busy women need to know to add racing to their multitasking schedules It is all presented with the same wit empathy and tone the avid fans connect and identify with

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