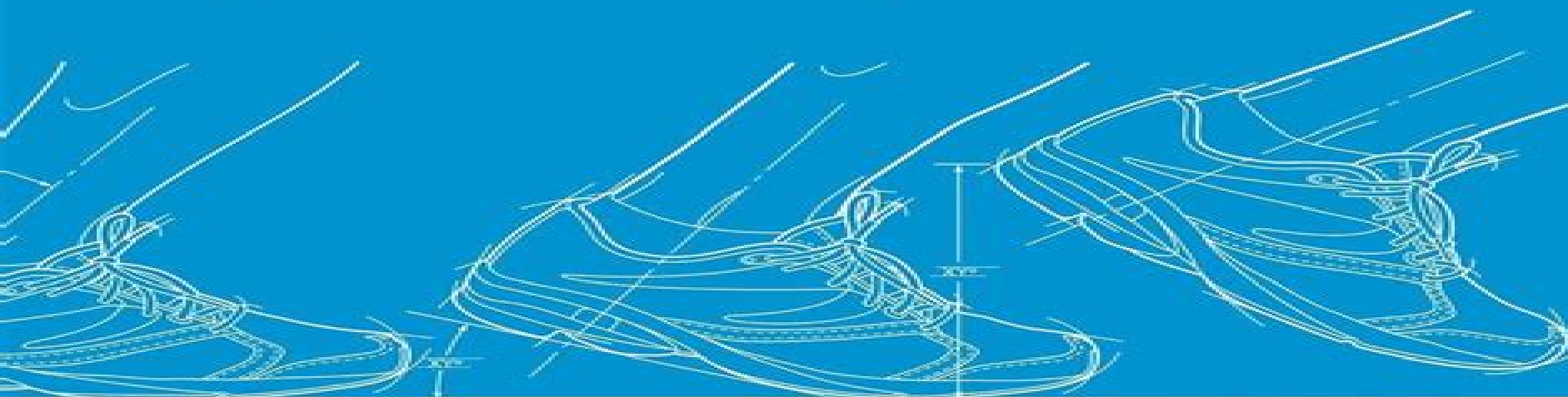


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Natural Running The Simple Path To Stronger Healthier Running

Jeff Horowitz



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Natural Running Danny Abshire, Brian Metzler, 2024-01-11 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, 2024-01-11 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, 2025-11-04 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

Long Distance Running for Beginners Sean Fishpool,Michael Spilling,2011-08-15 Provides an introduction to training for long distance running covering such topics as choosing running shoes balancing dietary needs using warm up exercises protecting oneself from injury and running schedules with different levels of difficulty

Fixing Your Feet John Vonhof,2016-07-18 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 resources covers the full gamut of footwear basics prevention and treatments If it can happen to a foot it s covered in this book

How to Run Better Daniel Honig,1985 Skill development and training schedules are topics covered in this thorough manual

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