

[Free PDF File] The Running Revolution: How to Run Faster, Farther, and Injury-Free - For Life

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The first in-depth manual to teach runners of all levels how to change their running style safely, intelligently, and efficiently. Christopher McDougall's Born to Run - and the wildly popular natural running trend it sparked - changed 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 concerns - until 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.

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