

The Art Of Running Faster Julian Goater

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The Art Of Running Faster

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Community Reviews. The Art of Running Faster is an interesting book that goes against conventional wisdom in advising speedwork, recovery session, short session, intensive stretching, double daily training for all kind of runners. Mileage is not the only key to improvement says Goater and he may have a big point in advising complementary,...

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Learn how to overcome factors that prevent you from running faster and avoid injury with correct running technique. Author and former world-class runner Julian Goater shares personal experiences to help in applying each suggestion.

The Art of Running Faster - Julian Goater, Don Melvin

Review of The Art of Running Faster: Improve technique, training, and performance by Julian Goater and Don Melvin (2012). Paula's last London Marathon. If only I could smile like that at mile 13! This is why I love marshaling. 'Don't practice plodding,' the key takeaway from The Art of Running Faster.

The Art of Running Faster: 'Don't practice plodding'

The Art of Running Faster by Julian Goater, Don Melvin. Any runner can tell you that the sport isn't just about churning out miles day in and day out. Runners have a passion, dedication, and desire to go faster, longer, and farther.

The Art of Running Faster by Julian Goater, Don Melvin ...

"The Art of Running Faster" challenges the stereotypes, removes the doubts and erases the self-imposed limitations by prescribing not only what to do but also how to do it. Inside, you will learn how to overcome the obstacles that prevent you from running faster, more comfortably and with greater focus.

The Art of Running Faster : Julian Goater : 9780736095501

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