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# Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners Run Farther, Faster, and Injury-Free (English Edition)

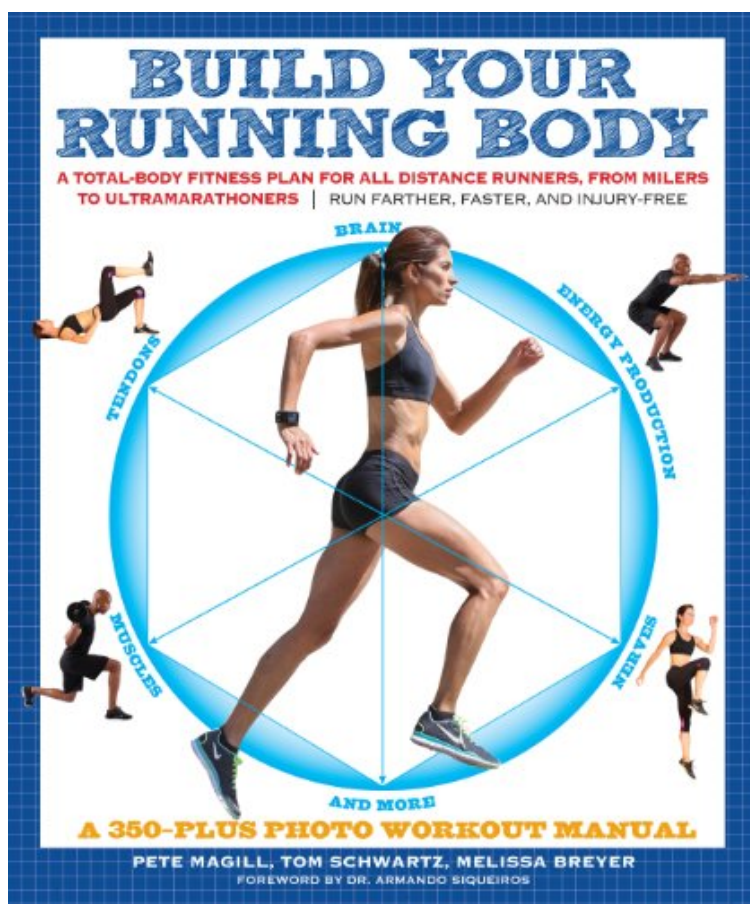
Par Pete Magill, Thomas Schwartz, Melissa Breyer

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Dtails sur le produit Rang parmi les ventes : #226741 dans eBooksPubli le: 2014-07-29Sorti le: 2014-07-29Format: Ebook Kindle

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## Description :

Prsentation de l'diteurThe best running book ever. Bob Anderson, founder of Runners WorldWhether you're a miler or an ultramarathoner, if you want a fit, fast, and injury-resistant running body, there's a better way to train than relentlessly pursuing mileage. This easy-to-use workout manual draws on the latest research in running physiology to target all the components that go into every strideincluding muscles, connective tissue, cardiovascular fitness, energy production, the nervous system, hormones, and the brain. With the breakthrough whole-body training program in Build Your Running Body, runners will improve their times, run longer and more comfortably, and reduce injury. With more than 150 workoutsfrom weightlifting and cross-training to resistance exercises and plyometricsfine-tuned to individual skill levels and performance

goals, PLUS: 393 photos that make it easy to follow every step of every workout 10 training programs to help runners of all levels integrate the total-body plan into their daily routines Interviews with leading runners, exercise scientists, and coaches learn how elite runners train today Race strategy for the crucial weeks leading up to the competition and through to the finish line Exercises to prevent injury and rehabilitate common running ailments Seasoned insight on barefoot running, the pros and cons of stretching, and other hot-button topics Nutrition guidance on carbs, proteins, fats, and weight loss More than 30 recipes to speed recovery and cement fitness gains Beginners' guidelines every step of the way Valuable tips on proper apparel, tracking your progress, and more!