

## Natural Running The Simple Path To Stronger Healthier Danny Abshire

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4 Simple Tests You Must Do Before Transition to Minimalist Running Born To Run Coach Eric Orton: Run Technique (Part 1)

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Barefoot Running - The TRUTH [Infographic] Introduction To Natural Running **2021-01-08 Sean and Michael discuss self-investigation, surrender, ego, v?san?s and s?k?i (witness) Dr. Mark Cucuzzella - 'Run (and Eat) For Your Life' RUNNING BOOK REVIEW: "BORN TO RUN" BY CHRISTOPHER MCDUGALL Natural Running The Simple Path**

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.

~~Natural Running: The Simple Path to Stronger, Healthier ...~~

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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.

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Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

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

An ultrarunner's fast-paced narrative into the wilds of New York's Hudson Valley, as he attempts to set a new record for completing the Long Path, a 350-mile hiking trail that links New York City and Albany. Have you ever considered running 350 miles in nine days? Kenneth A. Posner did just that when he completed a record-setting run along New York's Long Path, a 350-mile hiking trail that stretches from New York City to Albany. Running the Long Path's page-turning narrative combines the thrill and challenges of Posner's extreme endurance feat with the stunning natural beauty and deep historical significance of New York's Hudson Valley. A one-time casual runner, Posner shares his excitement of developing into a trail-runner and eventually an ultrarunner, as well as the pursuit of a "fastest known time"—a new dimension of extreme trail running, where some of the sport's fastest and most experienced athletes vie to set new speed records for important trails. Hikers, walkers, and runners will appreciate his detailed descriptions of planning, pacing, gear selection, nutrition, hydration, and navigation, which will help them prepare for their own adventures on the trails. Interspersed with the running adventure, Posner relates the interesting stories of the Long Path and the places it passes through, which include some of New York's most important parks and preserves and the distinctive mountains and forests they protect. Throughout the book, he channels the voices of famous New Yorkers associated with the Long Path—Walt Whitman, John Burroughs, Theodore Roosevelt, and Raymond Torrey—who express their appreciation of the natural beauty of the region. Running the Long Path is the story of what ordinary people can accomplish with a little determination and a lot of grit. Whether you walk or run, you will find inspiration in Posner's tale. "Ken Posner not only takes us along as he achieves a great yet agonizingly difficult athletic accomplishment, but at the same time he displays brilliantly the beauty and history of the Hudson Valley, as well as the value of the strenuous life." — Philip McCarthy, American 48-hour running record-setter (257 miles) "On his solitary run, Ken takes us into the woods to meet the remarkable characters who shaped the history of the landscape. While setting a Long Path record, he nonetheless pauses to appreciate and settle us into its subtle natural wonders and profound majesty. Ken gives us a magical private tour to reveal the soul of the Catskills." — Joan Burroughs, President, John Burroughs Association "Here it is!—The Intelligent Man's Guide to Insanity. Why would Ken Posner, an otherwise

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successful financial analyst, run 350 miles from New York City to Albany over some of the roughest trails in the Hudson Valley, sleep in the wild with bears, snakes, and poison ivy, just to do it and maybe do it faster than anyone else has? Read why in this journey of natural wonders, personal discovery, and the compelling curiosity of the running temperament. P.S. He lives to tell the tale!” — Kathrine Switzer, author of *Marathon Woman: Running the Race to Revolutionize Women’s Sports* and winner of the New York City Marathon “It’s hard to imagine an outdoor adventure that starts at the George Washington Bridge. But Ken’s 350-mile thru-run was exactly that, without the assistance of course markings, aid stations, a dedicated support crew, or even sometimes a navigable trail. This is an entertaining and informative read.” — Andrew Skurka, author of *The Ultimate Hiker’s Gear Guide: Tools and Techniques to Hit the Trail* “Decades of conservation work have produced a remarkable long distance trail that links together some of New York’s wildest and most beautiful places. Whether you are an ‘ultrathoner’ or an armchair hiker (I have been both), you will find this book a captivating and lyrical journey.” — Robert Anderberg, Vice President and General Counsel, Open Space Institute “When you pursue your dreams, you may discover you have deep wells of strength that you never knew. And you may find yourself inspiring others to chase their dreams, too.” — Lisa Smith-Batchen, coach and motivational speaker “Ken Posner inspires the already inspired. We are both advocates of the fastest known time (FKT). Ken Posner’s FKT over the entire 350-mile Long Path highlights the importance of this historic and significant trail. His record accomplishment, despite extreme challenges, highlights the fact that Ken Posner is truly one of the most versatile, talented, and toughest distance runners of our generation!” — Frank Giannino, two-time Transcontinental Runner and Guinness World Records holder “Some of us seek out unique challenges. We’re looking not only to test our limits, but to forge connections with the earth and honor those who came before us. Ken follows in these footsteps, sharing his fast-paced and meaningful story in *Running the Long Path*.” — Marshall Ulrich, author of *Running on Empty: An Ultramarathoner’s Story of Love, Loss, and a Record-Setting Run Across America*

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.

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!

Franklyn was born into a gritty north of England town. His expected path through life would have him live out his years in the manner of that town’s baseline existence. But it wasn’t to be. Perhaps he was pre-selected to break rank so that bigger dreams could be fulfilled. Whatever the prime force may have been, he was to know a different life. Perhaps, too, the corridors of our own reality are flimsier than we believe! On the other side of the wall may lie another path. As Franklyn himself discovers, a perceived reality can be as real as reality itself.

Run the Way You Were Born to Run Every runner wants a smooth, light, powerful, and resilient stride. But there isn't one ideal form all runners should try to emulate. Instead, research and experience show that people can run effectively in a wide variety of patterns with some universal elements. In lively, accessible prose, author Jonathan Beverly details his search for common ground among physical therapists, podiatrists, biomechanics researchers, and coaches, and reveals how individual runners can apply those principles and improve their performance, avoid injury, and enhance their enjoyment on the run. With specific, illustrated exercises that show how to counteract tight muscles from excessive sitting, improve limited arm mobility from hunching over electronic devices, strengthen your feet for better balance, and improve speed by lengthening your stride, *Runner's World Your Best Stride* is an approachable guide to human movement and a practical tool for improved running performance.

Explains the practical aspects of exercise physiology and modern coaching, including energy systems, the aerobic and anaerobic thresholds, VO2 max, running economy, muscle fibers, and more. In addition, it covers how these ideas should inform both your day-to-day workouts and the underlying philosophy that forms the foundation of your training program.

Most serious runners don't realize their potential. They simply stop getting faster and don't understand why. The reason is simple: most runners are unable to run by feel. The best elite runners have learned that the key to faster running is to hear what their bodies are telling them. Drawing on new research on endurance sports, best-selling author Matt Fitzgerald explores the practices of elite runners to explain why their techniques can be effective for all runners. *RUN: The Mind-Body Method of Running by Feel* will help runners reach their full potential by teaching them how to train in the most personalized and adaptable way. Fitzgerald's mind-body method will revolutionize how runners think about training, their personal limits, and their potential. *RUN* explains how to interpret emotional and physical messages like confidence, enjoyment, fatigue, suffering, and aches and pains. *RUN* guides readers toward the optimal balance of intensity and enjoyment, volume and recovery, repetition and variation. As the miles add up, runners will become increasingly confident that they are doing the right training on the right day, from one season to the next. *RUN* marks the start of a better way to train. The culmination of science and personal experience, the mind-body method of running by feel will lead runners to faster, more enjoyable training and racing.

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