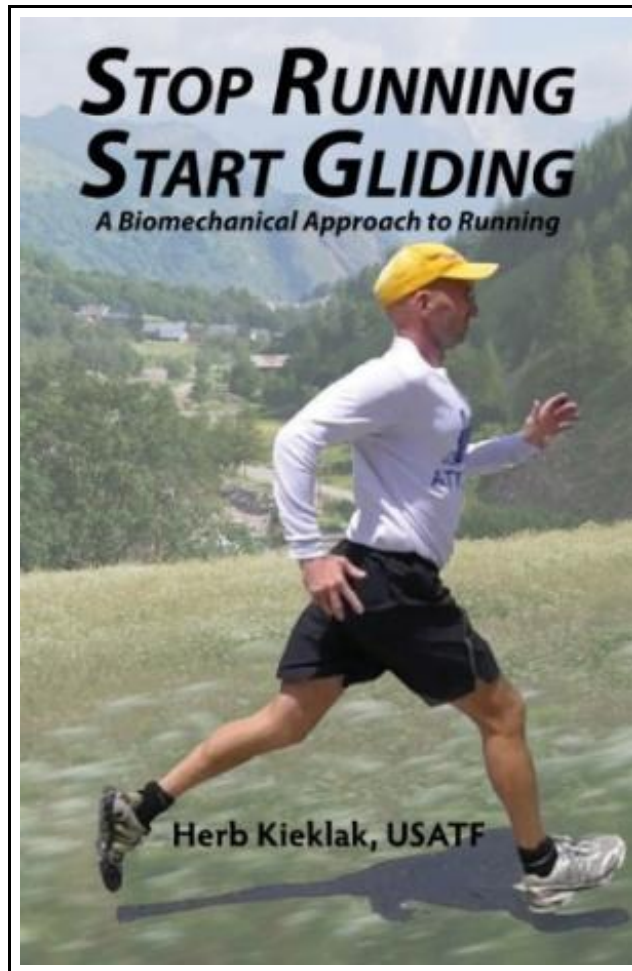


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Createspace, United States, 2013. Paperback. Book Condition: New. Polytekton (illustrator). 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You are about to read (and hopefully study and practice) a step-by-step program that will improve your current running abilities and prevent unnecessary injuries. While this is intended for beginning runners, it will also help those who consider themselves experienced runners. Unfortunately, many people believe that they can just go out and run. I know because that's what I used to believe. Before I started running, I was involved with many sports (cycling, hiking, martial arts, and weight lifting). I thought I could just add some running to be ready to do a triathlon. I remember how painful those early runs were to both my body and ego. I huffed and puffed, and pounded (literally) the pavement. Luckily my brain finally kicked in, and I started to study every book and magazine I could find on running technique. Eventually, I earned a certificate as a Track and Field Coach by the USATF. With this new information I had a science-based approach to running. What a difference! Now I could go out and cruise along for several miles with the same amount of effort as going for a walk in the backyard. And even stranger, it was actually enjoyable. AMAZING! This little book is the result of years of my own running, as well as experience gained in teaching classes for beginning runners. Everything in this book has been tried and tested, and proven to work on people of all shapes and sizes - those who have never run or those who ran way back before the kids. I am presenting the information my beginning runners receive in class-including the why each of these steps are...



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