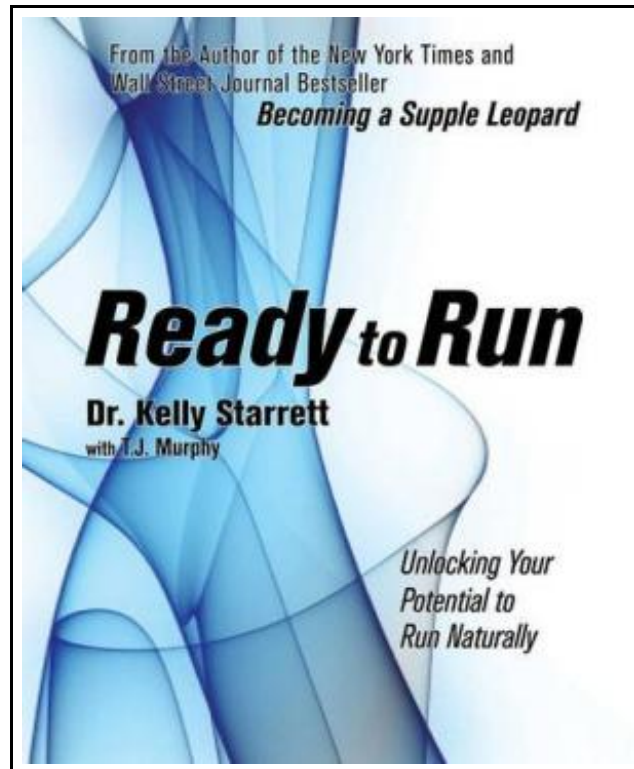# Ready to Run: Unlocking Your Potential to Run Naturally

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Reviews

It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out.

(Dr. Kayden Gerlach)

READY TO RUN: UNLOCKING YOUR POTENTIAL TO RUN NATURALLY

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Victory Belt Publishing. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.9in. x 7.4in. x 0.9in.Are You Ready to Run Is there a bridge from the injury-ridden world of the modern runner to the promised land that barefoot running and Born to Run have led us to believe exists Can we really live the running life free from injury Is there an approach designed to unlock all the athletic potential that may be hidden within Can we run faster, longer, and more efficientlyIn a direct answer to the modern runners needs, Dr. Kelly Starrett, author of the bestseller Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance, has focused his revolutionary movement and mobility philosophy on the injury-plagued world of running. Despite the promises of the growing minimalist-shoe industry and a rush of new ideas on how to transform running technique, more than three out of four runners suffer at least one injury per year. Although we may indeed be Born to Run, life in the modern world has trashed and undercut dedicated runners wishing to transform their running. The harsh effects of too much sitting and too much time wearing the wrong shoes has left us shackled to lower back problems, chronic knee injuries, and debilitating foot pain. In this book, you will learn the 12 standards that will prepare your body for a lifetime of top-performance running. You wont just be prepared to run in a minimalist shoeyoull be Ready to Run, period. In Ready to Run, you will learn: The 12 performance standards you must work toward and develop on an ongoing basis How to tap into all of your running potential and access a fountain of youth for lifelong running How to turn your weaknesses into strengths How to...

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