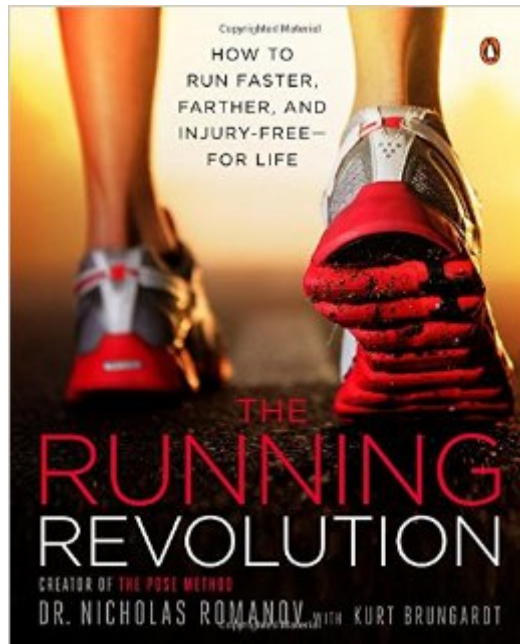


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# The Running Revolution: How To Run Faster, Farther, And Injury-Free--for Life



## Synopsis

From a two-time Olympic coach and creator of the Pose Method who has trained the running elite, an essential guide for all runners seeking to go faster and farther without injury Christopher McDougall's *Born to Run* and the wildly popular natural running trend it sparked changed the way we think about running, but it has also prompted many questions: Have we been running the wrong way? And, have we been running in the wrong kind of shoe? What is the safest type of foot strike? How many types are there? And what is a foot strike anyway? No existing guide has clearly addressed these concerns until now. *The Running Revolution* provides both beginning and experienced runners with everything they need to know in order to safely and efficiently transition to and master a safer and more biomechanically efficient way of running that is guaranteed to improve performance and minimize wear and tear on the body. More than a one-size-fits-all guide, *The Running Revolution* will provide readers with clear instructions that they can easily integrate into their unique running histories in order to run safely, intelligently, and efficiently for many years to come.

## Book Information

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Average Customer Review: 4.5 out of 5 stars See all reviews (94 customer reviews)

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## Customer Reviews

I'm an average 44 year old runner that's on a quest to run faster at all distances. I've read just about every book I can get my hands on. This book was highly rated so I gave it a try. I did everything the author recommended. I read the book straight through first and then went back and did the drills. I skipped nothing. I considered the "running pose" common sense. Leaning forward and feeling the point that you begin to fall... um ok. I did every drill countless times but didn't learn anything I didn't

already know. If you over-stride and heel strike then you should do the drills. If you already land with your feet under your hips then you will probably roll your eyes at most of the drills. The 'Preparing to Move' routine that he recommends you do before each drill was absolutely WRONG for me! It made my runs slower and my runs took much more effort. He calls these flexibility stretches but most of them are simply static stretches. It took me several days to realize my slower times were due to the recommended stretches. I then Googled, "Should I stretch before running" and read several studies that basically said, "Hell NO!" Also, why do I need to stretch my wrists before running??? After about a week I stopped doing his stretches and it took me another 2 weeks to recover from the damage. I rarely do anything before running unless it's a short 5K or 10k race. For these shorter races, I jump up and down in place a few times and jog slowly up and down the sidewalk for about 1/2 - 3/4 mile. Half marathon and above are long enough for me to warm up by taking it easy for the first mile or two. This book is also a terrible guide for anyone who's new to minimalist running. This book says to simply go out and buy flat shoes.

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