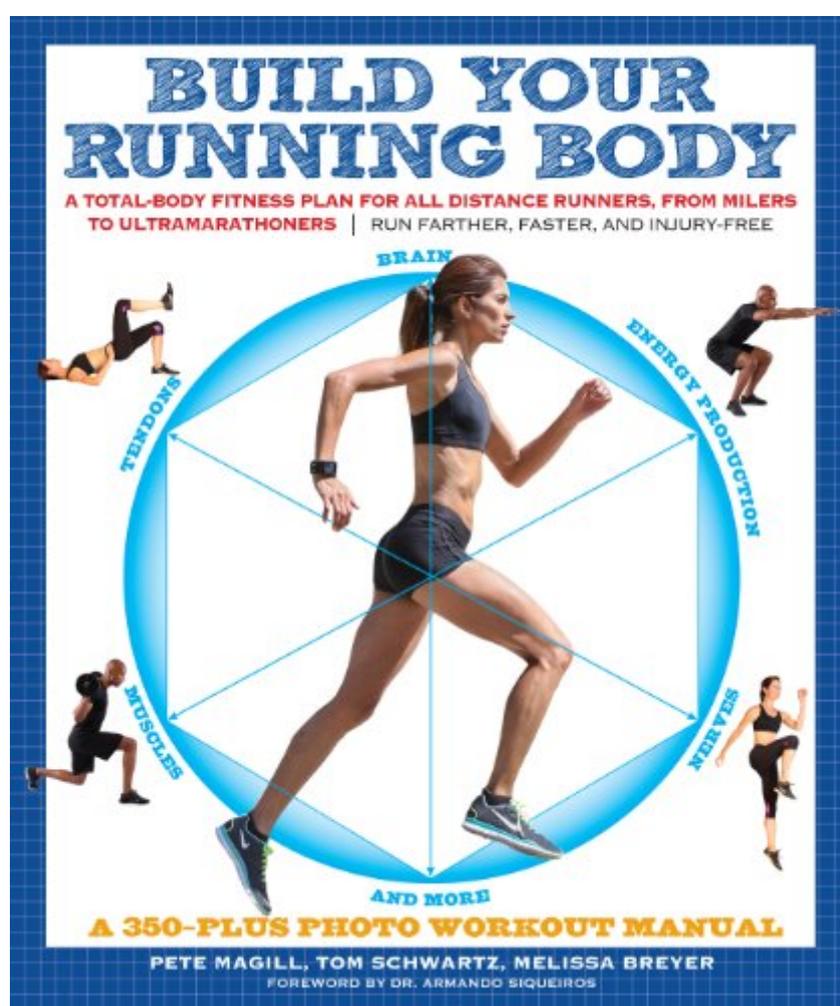


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# Build Your Running Body: A Total-Body Fitness Plan For All Distance Runners, From Milers To Ultramarathoners-Run Farther, Faster, And Injury-Free



## Synopsis

• "Bob Anderson, founder of Runner's World Whether 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 stride—including 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 workouts—from weightlifting and cross-training to resistance exercises and plyometrics—fine-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!

## Book Information

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## Customer Reviews

Wow! I never thought that a book about running would call my attention, but this one did! I was totally surprised to learn that strength building exercises can help me to improve my running, as can eating certain types of foods. Who would have thought of finding recipes in a running book? Not me! To be honest, I did not pick up the book because I wanted to run. I was delighted that it had illustrations of strength building and injury prevention exercises. A couple of years ago I sprained my ankle while playing soccer and was sent home with a cast and a sheet of paper with instructions of exercises that I could not figure out. With this book I can easily turn to the chart on page 378 to find a brief description of the injury that I suffered, as well as a list of exercises that can help me prevent/recover from this injury and I can then look at the illustrations of these exercises. I've also learned what exercises help to relieve my back of the stress of sitting on a chair for sustained periods of time (something I do at work every day). So, I love the illustrations that show how the exercise is done and also the charts that tell me which muscle groups are being worked out. Strength building is something that I had been wanting to do for some time now, but my biggest obstacle was that I tend to focus on one muscle group. Now that I have the book I use the chart as a guideline and it's been of tremendous help. Another thing that I like a lot about this book is that it talks about nutrients and food. For me this is interesting because oftentimes I feel weak after my workouts and when this happens I don't feel like exercising anymore. I know that I am lacking one or more nutrients, but even my doctor has failed to give me good advice on this.

At some point while wading through the hundreds of books, thousands of YouTube videos, and millions of blogs and web pages devoted to teach a human being how to run, I got so bogged down by so much contradictory points of view that I just gave up. Not on running, just on the search for the perfection of it. I really love to run. But for thirteen years I stopped. This year I turn 44 and I have decided to make duathlon my sport. For years I have been body building and cross training on road and mountain bike. I started running again this spring as part of my training and immediately became hobbled by shin splints. And so I did what everyone does, I searched the Internet for advice on how to fix the problem. And that led to article after article and video after video of information on

every conceivable aspect of running. It also led to a severe bout of information overload and it led me to just give up on reading, viewing, or listening to any more advice from experts on running. So when I picked this book up at the library it was only because the words body and building were in the title and I spent two decades doing that so I figured I could wade through the B.S. one more time but with little hope of getting past the first chapter. But then as I read on I realized that there isn't really any B.S. and that it rather clearly breaks down running by individual body systems and yet shows how they are all connected. It also hits on most of the running training methods out there today but in a way that gives you an overview rather than a dogmatic opinion. There are also chapters devoted to all the usual aspects covered in every other running book I've read. But this is more like a running for dummies book but for people of average intelligence.

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