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You won't just be prepared to run in a minimalist shoe—you'll 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

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In this book, you will learn the 12 standards that will prepare your body for a lifetime of top-performance running. You won't just be prepared to run in a minimalist shoe—you'll 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

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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 efficiently? In a direct

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answer to the modern runner's 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

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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 won't just be prepared to run in a minimalist shoe—you'll 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

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lifelong running How to turn your weaknesses into strengths How to prevent chronic overuse injuries by building powerful injury-prevention habits into your day How to prepare your body for the demands of changing your running shoes and running technique How to treat pain and swelling with cutting-edge modalities and accelerate your recovery How to equip your home mobility gym A set of mobility exercises for restoring optimal function and range of motion to your joints and tissues How to run faster, run farther, and run better

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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? Is there an approach designed to unlock all the athletic potential that may be hidden within? Can we run faster, longer, and more efficiently? In a direct answer to the modern runner's needs, Dr. Kelly Starrett 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

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technique, more than three out of four runners suffer at least one injury per year. 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.--From publisher description.

Updated and expanded with more than 80 pages

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of new content! Improve your athletic performance, extend your athletic career, treat stiffness and achy joints, and prevent and rehabilitate injuries—all without having to seek out a coach, doctor, chiropractor, physical therapist, or masseur. In *Becoming a Supple Leopard*, Dr. Kelly Starrett—founder of MobilityWOD.com—shares his revolutionary approach to mobility and maintenance of the human body and teaches you how to hack your own movement, allowing you to live a healthier, more fulfilling life. This new edition of the *New York Times* and *Wall Street Journal* bestseller has been thoroughly

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revised to make it even easier to put to use. Want to truly understand the principles that guide human movement? Becoming a Supple Leopard lays out a blueprint for moving safely and effectively through life and sport. Want to learn how to apply those principles to specific movements, whether you are doing squats in the gym or picking up a bag of groceries? Hundreds of step-by-step photos show you not only how to perform a host of exercise movements, such the squat, deadlift, pushup, kettlebell swing, clean, snatch, and muscle-up, but also how to correct the common faults associated with

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those movements. Frustrated because you can't perform a certain movement correctly due to range of motion restrictions? Breaking the body down into 14 distinct areas, Starrett demonstrates hundreds of mobilization techniques that will help you resolve restrictions and reclaim your mobility. Unsure how to put it all together into a program that addresses your individual needs? This updated edition lays out dozens of prescriptions that allow you to hone in on a specific limitation, a nagging injury, or an exercise fault that you just can't seem to get right. It even offers a 14-day full-body

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mobility overhaul. Performance is what drives us as human beings, but dysfunctional movement patterns can bring the human body to an abrupt halt. Often, the factors that impede performance are invisible even to seasoned athletes and coaches. Becoming a Supple Leopard makes the invisible visible. Whether you are a professional athlete, a weekend warrior, or simply someone wanting to live healthy and free from physical restrictions, this one-of-a-kind training manual will teach you how to harness your athletic potential and maintain your body. Learn how to perform basic maintenance on

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your body, unlock your athletic potential, live pain-free...and become a Supple Leopard. This step-by-step guide to movement and mobility will show you how to: - Move safely and efficiently in all situations - Organize your spine and joints in optimal, stable positions - Restore normal function to your joints and tissues - Accelerate recovery after training sessions and competition - Properly perform strength and conditioning movements like the squat, bench press, pushup, deadlift, clean, and snatch - Build efficient, transferable movement patterns and skill progressions from simple to more

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advanced exercises - Identify, diagnose, and correct inefficient movement patterns - Treat and resolve common symptoms like low back pain, carpal tunnel, shoulder pain, and tennis elbow - Prevent and rehabilitate common athletic injuries - Use mobilization techniques to address short and stiff muscles, soft tissue and joint capsule restriction, motor control problems, and joint range of motion limitations - Create personalized mobility prescriptions to improve movement efficiency

Running has become more and more popular in

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recent years, with thousands of people entering marathons, buying new running shoes with the latest technology, and going for a daily jog, whether on the track or on a treadmill. Unfortunately, with running comes injuries, as a result of wrong information and improper training. Author Jay Dicharry was tired of getting the same treatments from doctors that didn't heal his joint and muscle pain from running, so he decided to combine different fields of clinical care, biomechanical analysis, and coaching to help you avoid common injuries and become the best runner you can be. Along with clear and

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thorough explanations of how running influences the body, and how the body influences your running, this book answers many of the common questions that athletes have: Do runners need to stretch? What is the best way to run? What causes injuries? Which shoes are best for running? Is running barefoot beneficial? The mobility and stability tests will assess your form, and the corrective exercises, along with step-by-step photos, will improve your core and overall performance, so that you can train and run with confidence, knowing how to avoid injuries!

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Sitting can wreak havoc on your health. Recent studies show that too much sitting contributes to a host of diseases - from obesity and diabetes to cancer and depression - and literally shortens your life. In *Deskbound*, Dr Kelly Starrett - author of *Becoming a Supple Leopard* (Victory Belt, 2015) - unveils how your sedentary lifestyle is killing you and, more important, what you can do to change it. Provides creative solutions to reduce the amount of time you spend perched on your backside, as well as strategies for the workplace that will

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improve your overall health.

In *Running Rewired*, America's leading endurance sports physical therapist and coach shares a program for runners to become stronger, faster, and more durable. Jay Dicharry distills cutting-edge biomechanical research into 15 workouts any runner can slot into their training program to begin seeing real results in about 6 weeks. For better or worse, your body drives your running form. *Running Rewired* will show you how to shed old injuries, mobility problems, weaknesses and imbalances and rewire your

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body-brain movement patterns. You'll rebuild your movement and transform your running within one season. Through his work with athletes at REP Lab and top university sports performance clinics, Dicharry has found that strength training alone is inadequate for runners. To develop the four essential movement skills required for faster, safer running, runners must practice better movement as they build strength. In *Running Rewired*, you'll use

- 11 self-tests for joint mobility, posture stability, rotation, and alignment
- 83 exercises to fix blocks, move with precision, build strength, and improve

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power • 15 rewire workouts to amplify any training plan from 5K to ultramarathon
Dicharry's Running Rewired combines the best of real-world coaching and a physical therapy approach to strength and mobility for better running. You'll find your personal best running form and become a faster, more durable runner.

A New York Times Best Seller! Men's Journal Health Book of the Year In Unbreakable Runner, CrossFit Endurance founder Brian MacKenzie and journalist T.J. Murphy examine long-held beliefs about how to train, tearing

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down those traditions to reveal new principles for a lifetime of healthy, powerful running. Unbreakable Runner challenges conventional training tenets such as high mileage and high-carb diets to show how reduced mileage and high-intensity training can make runners stronger, more durable athletes and prepare them for races of any distance. Distance runners who want to invigorate their training, solve injuries, or break through a performance plateau can gain power and resilience from MacKenzie's effective blend of run training and whole-body strength and conditioning. CrossFitters

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who want to conquer a marathon, half-marathon, or ultramarathon will find endurance training instruction with 8- to 12-week programs that combine CrossFit™ workouts with run-specific sessions.

Unbreakable Runner includes CrossFit-based training programs for race distances from 5K to ultramarathon for beginner, intermediate, and advanced runners. Build a better running body with this CrossFit Endurance-based approach to running training.

From a two-time Olympic coach and creator of the Pose Method who has trained the running

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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

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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 provides readers with clear instructions, complete with helpful illustrations, that they can easily integrate into their unique running histories in order to run safely, intelligently, and efficiently for many years to come.

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Running is often associated with the quest for your next personal best, and the agony of irritating injuries. This book takes a deeper look at running, and provides you with the knowledge and tools to solve the problems that limit your performance and lead to injuries. If you want answers, tools, secrets to achieve your best, look inside.

A New York Times bestseller for 14 weeks in 1978, *Running & Being* became known as the philosophical bible for runners around the world. More than thirty years after its initial publication, it remains every bit as

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relevant today. Written by the late, beloved Dr. George Sheehan, *Running & Being* tells of the author's midlife return to the world of exercise, play and competition, in which he found "a world beyond sweat" that proved to be a source of great revelation and personal growth. But *Running & Being* focuses more on life than it does, specifically, on running. It provides an outline for a lifetime program of fitness and joy, showing how the body helps determine our mental and spiritual energies. Drawing from the words and actions of the great athletes and thinkers throughout history, Sheehan ties it all together with

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his own philosophy on the importance of fitness and sport, as well as his knowledge of training, injury prevention, and race competition. Above all, Sheehan describes what it means to experience the oneness of body and mind, of self and the universe. In this, Sheehan argues, we have the power to discover "the truth that makes men free."

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