

The book was found

Running Well



Synopsis

Nothing beats the pleasure of running. Unfortunately, many runners are slowed down by injuries that could be avoided through changes in training or technique. That's where *Running Well* comes in. Based on the latest scientific principles, this accessible guide shows you these techniques: -How to minimize the risk of injury and stay healthy-The differences between training and straining-How to strengthen and maintain the primary running muscles-Ways of assessing and improving technique-How to recognize injuries early on and avoid more serious setbacks And if you do get injured, *Running Well* will return you to action quickly. Sections devoted to each bodily region detail common symptoms and causes of discomfort. You'll learn how to treat the injury, know when to seek help and know how to prevent the problem from reoccurring. From avoiding overtraining to increasing flexibility, *Running Well* has everything you need to keep you running all year round so that you sprint "not limp" to the all-important finish line.

Book Information

Paperback: 184 pages

Publisher: Human Kinetics; 1 edition (October 21, 2008)

Language: English

ISBN-10: 0736077456

ISBN-13: 978-0736077453

Product Dimensions: 7.3 x 0.6 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (9 customer reviews)

Best Sellers Rank: #467,191 in Books (See Top 100 in Books) #170 in Books > Sports & Outdoors > Other Team Sports > Track & Field #797 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #4688 in Books > Sports & Outdoors > Individual Sports

Customer Reviews

An easy read, covers most aspects needed whether you're starting out, or training for a marathon. Good section on injuries including how to get back into it after being injured or sick. Doesn't include a training plan for a marathon/half marathon but guides you into how to make your own. Maybe could of had more on this. Good nutrition section-more than just your regular eat this, drink fluids.. Good research basis for what they say. Talks about which types of cross training are good and relate to running. Much easier to read and includes a broad wealth of information relating to running compared to some other books I've read.

Great book. Great design. I bought this for my wife who wants to train for a half marathon, but hasn't run much previously. Running Well should ensure both her success and safety. Very accessible and informative!

This book clearly describes various parts of a runner's body which may become sore or injured, possible causes, and several ways to strengthen to reduce future pain and injury. Excellent resource for runners.

I swear I didn't know this book was on the Oprah Book Club list until after I read it. It is an extremely good resource for the novice to intermediate runner. It covers all facets of keeping your body safe when running, hence the name, in a manner that makes you want to run with confidence. The authors illustrate stretches and strengthening techniques that are easy and work exceptionally well. Additionally, the troubleshooting pain sections are an incredible wealth of knowledge that assist greatly in isolating the cause of an injury and how to heal, recovery, and rebuild from the injury. I strained my Achilles and thought that I would be out of running for at least a month. Nope. I followed the book and was back running, without pain, in 7 days. Available now at your local library. I actually had to buy this book...Yes, Oprah is right.

This book is awesome. I was very impressed with it. It showed the body part that I injured, ways that I could have injured it, and the solution to fix it. I found the imperfections with the book to be minimal and the cost to be low. This was a good purchase.

[Download to continue reading...](#)

Running Mindfully: How to Meditate While Running for Your Body, Mind and Soul (Tibetan Buddhism, Mindful Running) Running: Distance Running: Improve Your Long Distance Running Step By Step RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging): (Running And Jogging For Beginners, Weight Loss, Exercise, How to Run And Jog) Running: The Ultimate Guide To Running For Weight Loss, Health And Fitness - Includes Easy To Follow Training Plans For Beginners (How to Run, Jogging, Marathon Training) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) Running for Health and Happiness: The Beginner's Guide to Faster, Pain-Free Running Running with the Whole Body: A 30-Day Program to Running Faster with Less Effort RUNNING: STRETCHING: Pre and

Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) Running Well Thanksgiving: How to Cook It Well: How to Cook It Well American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer Breathe Well and Live Well with COPD: A 28-Day Breathing Exercise Plan Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well The Well-Armored Teen: Easy Tools Protect Your Teen and Tween From Sexual Abuse, Bullying, and Exploitation (The Well-Armored Child Library Book 1) Healthy at Home: Get Well and Stay Well Without Prescriptions All's Well That Ends Well (Folger Shakespeare Library) Let. It. Go.: How to Stop Running the Show and Start Walking in Faith The Inmates Are Running the Asylum Running Is Totally For Me The Inmates Are Running the Asylum: Why High Tech Products Drive Us Crazy and How to Restore the Sanity (2nd Edition)

[Dmca](#)