



Natural Running: The Simple Path to Stronger, Healthier Running

Abshire Danny

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Natural Running is the middle ground runners have been looking for. By learning to run the barefoot way, while wearing shoes, runners will become more efficient, stronger, and healthier runners. Backed by studies at MIT and Harvard, running form and injury expert Danny Abshire presents the natural running technique, form drills, and an 8-week transition plan that will put runners on the path to faster, more efficient, and healthier running.

In *Natural Running*, Abshire explains how modern running shoes distort the efficient running technique that humans evolved over thousands of years. He reviews the history of running shoes and injuries, making the case for barefoot running but also warning about its dangers. By learning the natural running technique, runners can enjoy both worldsâ€”comfortable feet, knees, and legs and an efficient running form that reduces impact and injuries.

Natural Running teaches runners to think about injuries as symptoms of poor running form. Abshire specifies the overuse injuries that are most commonly associated with particular body alignment problems, foot types, and form flaws. Runners will learn how to analyze and identify their own characteristics so they can start down the path to natural running.

Abshire explains the natural running technique, describing the posture, arm carriage, cadence, and land-lever-lift foot positioning that mimic the barefoot running style. Using Abshire's 8-week transition plan and a tool kit of strength and form drills, runners will move from heel striking to a midfoot or forefoot strike.

Natural Running is the newest way to run and also the oldest. By discovering how they were meant to run, runners will become more efficient, stronger, and healthier runners.

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A lot of people always spent their own free time to vacation as well as go to the outside with them family members or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity here is look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you read you can spent the whole day to reading a guide. The book Natural Running: The Simple Path to Stronger, Healthier Running it is extremely good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. If you did not have enough space bringing this book you can buy the e-book. You can m0ore quickly to read this book from your smart phone. The price is not very costly but this book provides high quality.

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