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The revised edition of the bestselling ChiRunning, a groundbreaking program from ultra-marathoner and nationally-known coach Danny Dreyer, that teaches you how to run faster and farther with less effort, and to prevent and heal injuries for runners of any age or fitness level. In ChiRunning, Danny and Katherine Dreyer, well-known walking and running coaches, provide powerful insight that transforms running from a high-injury sport to a body-friendly, injury-free fitness phenomenon. ChiRunning employs the deep power reserves in the core muscles, an approach found in disciplines such as yoga, Pilates, and T'ai Chi. ChiRunning enables you to develop a personalized exercise program by blending running with the powerful mind-body principles of T'ai Chi: 1. Get aligned. Develop great posture and reduce your potential for injury while running, and make knee pain and shin splints a thing of the past. 2. Engage your core. Shift the workload from your leg muscles to your core muscles, for efficiency and speed. 3. Add relaxation to your running. Learn to focus your mind and relax your body to increase speed and distance. 4. Make it a Mindful Practice. Maintain high performance and make running a mindful, enjoyable life-long practice. 5. It's easy to learn. Transform your running with the ten-step ChiRunning training program.

Running Injury-Free uses anecdotal examples from Ellis's own patients and experiences in order to discuss injury-prevention, treatment, and recovery. He implements a clinical approach toward treating the most common running-related injuries, as well as providing detailed background situations to describe how each injury can happen, so the reader can recognize poor habits or compare training and running practices in his or her own experience. In this updated version, content relating to shoes and shoe selection, "over the counter" treatments, orthotic techniques and materials, Piriformis Syndrome, chiropractic medicine and acupuncture, stretching techniques, nutrition and supplements, injuries related to minimalist runners, as well as running issues for women, children, and endurance runners will be updated to reflect timely practices and research.

This no-nonsense guide shows you how an understanding of anatomy and biomechanics, coupled with the latest strengthening exercises and rehab protocols, can keep you running injury-free for a long time to come. Each time your foot hits the ground while running, an impact force averaging three times your weight travels through your body at more than 200 miles per hour, causing your bones to vibrate and tendons to stretch. When you consider that the average runner strikes the ground more than 10,000 times per hour, this translates into a remarkable amount of force that needs to be absorbed, and explains why nearly 50% of recreational runners are injured each year. The purpose of this book is to show you that impact forces are not necessarily harmful. By modifying your running form and doing specific exercises

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to improve tendon resiliency, not only can you effectively absorb these forces, but you can also store and return a significant percentage of them in the form of elastic recoil. Besides reducing your risk of injury, efficiently storing and returning energy can allow you to run faster with less effort. With more than 200 illustrations and 300 references, this book reviews how to:

- Perform an at-home gait analysis to make specific changes in your running form that can reduce impact forces and improve performance.
- Decrease your risk of injury by identifying problems with strength, flexibility, and/or neuromotor coordination using specific functional tests.
- Incorporate new exercises to enhance the storage and return of energy in your tendons.
- Select the running shoe that is right for you.
- Treat 25 of the most common running-related injuries with the most up-to-date, scientifically justified treatment protocols available.

A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

Part sport and part exercise, running boosts health, longevity, and mental well-being. However, running is a demanding activity that can potentially tax the runner's body and mind. Therefore, possessing durability for running--a fusion of toughness and flexibility--is desirable to enhance a runner's physical and mental experience. This book--the first of its kind to combine corrective exercise, self-myofascial release, and yoga--empowers runners with measures to avoid unnecessary pain, injury, and burnout. It is a comprehensive guide to creating a simple and efficient system of personalized supplemental training in which runners learn to identify and address areas of imbalance and overuse. These training methods increase strength, stability, mobility, and resiliency, and require as little as 15 minutes per day to implement. (For each technique, the author has produced a video, and live links are included in the enhanced ebook edition.) Runners can decrease the risk of injury, improve running performance, and maintain joint health. The result: a more durable body and mind that will support your running--and your life--for years to come.

Don't let an old injury keep you from enjoying races, morning runs, or attaining fitness goals. In the first part of *Healthy Running Step by Step*, authors Robert Forster, PT and Roy M. Wallack recommend the best training based on your fitness goals, including strength training, cross training, sprints, yoga, and rest. Part two goes a step further from other books by addressing the most modern methods of treatment--including current studies on the amount of rest required, new and controversial surgical operations and injections, the newest and most effective gear, and barefoot/minimalist running as a form of healing. If you are recovering from an injury or want to prevent becoming injured in the first place, *Healthy Running Step by Step* is a must-have guide.

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The ultimate pain-to-personal-best guide to running injuries, covering prevention, detection and rehabilitation. Runners suffer from the highest injury rates of all recreational athletes. Whether you are a novice or elite-level runner, guide yourself through a step-by-step process of avoiding and managing injury and get yourself safely to the start and finish lines. Written by a globally respected physiotherapist who has worked with Olympic and World Champion athletes, *Running Free of Injuries* will help runners to understand their body, identify weaknesses and develop a natural defence against injury. The book covers the most common running injuries that occur to the foot, ankle, lower leg, hip, knee and pelvis and includes key exercises applicable to all levels of fitness.

From the authors of the bestselling *Chi Running*, a game-changing training guide for injury-free long distance running. In *Chi Marathon*, Danny Dreyer, creator of the revolutionary ChiRunning program, highly respected running coach, and accomplished distance runner, takes a whole-body approach to long-distance running—much like T'ai Chi—making ease and efficiency of movement the prime goal of one's training. *Chi Marathon* is the first book to focus not on building stamina first (though that is covered here) but on how to run all those miles without harming your body. A staggering 80 to 90 percent of marathoners face injuries during their training. This book debunks the myth that marathoners need to push through and beyond pain, and presents a technique-based plan for pain- and injury-free, high-performance half and full marathons. *Chi Marathon* also shows how to improve your performance by developing your own race-specific training plan tailored to your event, and will help you cross the finish line feeling strong no matter your age, body type, or running ability. -Run a marathon or half marathon free of pain and injury -Transform your racing with the training triad: form, conditioning, and mastery -Tap into your chi, an energy source more powerful and enduring than muscles -Teach your mind and body to work together as a team and master your event This is the book that distance runners have been waiting for. With *Chi Marathon* you can enjoy the run and feel confident no matter the distance.

Explains why running injuries are so common, examining running form, running shoe design, and training, and includes insights on such topics as the evolution of running, stress-related injuries, and the advantages of barefoot running.

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