

Natural Running - Danny Abshire

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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. Author: Abshire, Danny Publisher: VeloPress Illustration: N Language: ENG Title: Natural Running Pages: 00200 (Encrypted EPUB) / 00200 (Encrypted PDF) On Sale: 2010-12-01 SKU-13/ISBN: 9781934030653 Category: Sports & Recreation : Running & Jogging

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