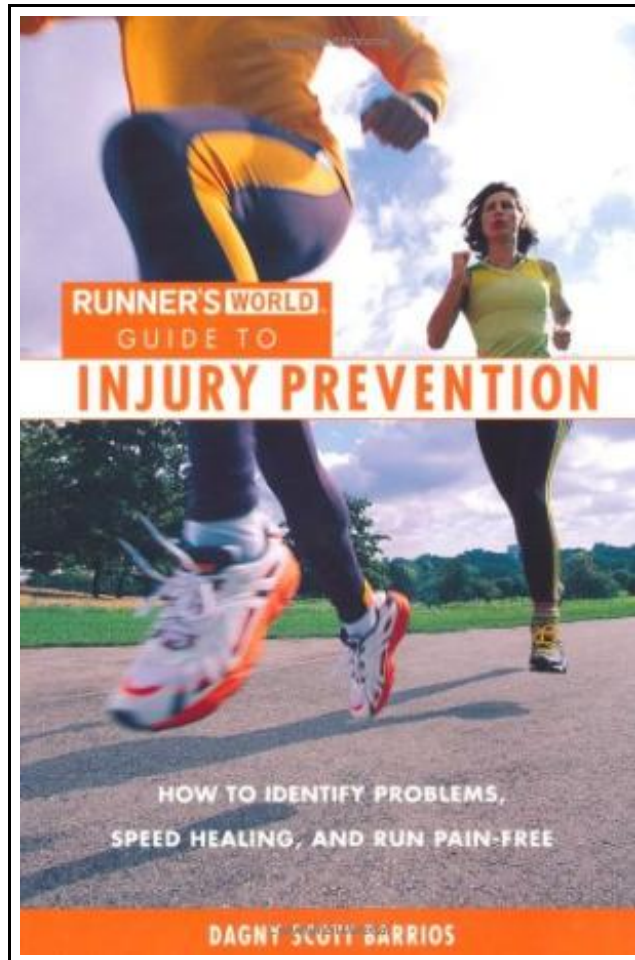


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Reviews

This ebook is very gripping and intriguing. I have got read through and i also am confident that i will gonna read through yet again again down the road. Its been written in an extremely straightforward way and it is merely right after i finished reading this book through which actually altered me, alter the way i really believe.

(Noble Hagenes)

RUNNER S WORLD GUIDE TO INJURY PREVENTION: HOW TO IDENTIFY PROBLEMS, SPEED HEALING, AND RUN PAIN-FREE (PAPERBACK)



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RODALE PRESS, United States, 2004. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book. The last word on preventing and treating running injuries-from the magazine known the world over as the most reliable and authoritative source of running know-howThe world of running-and running injury prevention-has evolved greatly in the last decade. New thinking on injury and recovery suggests that runners can continue to train while injured. And alternative practices-such as acupuncture, chiropractic, and massage-are now virtually mainstream and an essential part of any runner s injury arsenal. Not only is the sport dramatically more popular, but women runners and beginning runners-who are a large part of the growth-have very different needs in the areas of injury and health that have not been covered adequately in previous books. Research in sports medicine also has advanced. All this-and much more-is covered in **Runner s World Guide to Injury Prevention** by Dagny Scott Barrios, quite simply the best, most authoritative guide in the field. Here you ll find: - The most important stretches for runners-and why you should not stretch an injured muscle - How (and why) to change your biomechanics and stride length - How to incorporate cross-training to prevent and heal injury - The most important strength-training exercises for runners - How to cope with the mental side of injury - Special concerns for young runners, women, and older Runners - The newest thinking in hydrationBeginners and veterans alike will benefit from this expert guidance from the cutting edge of sports medicine and science.



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