



Natural Running: The Simple Path to Stronger, Healthier 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.

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 worlds—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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As people who live in the particular modest era should be change about what going on or information even knowledge to make these keep up with the era that is certainly always change and move forward. Some of you maybe can update themselves by examining books. It is a good choice for you personally but the problems coming to anyone is you don't know what type you should start with. This Natural Running: The Simple Path to Stronger, Healthier Running is our recommendation to make you keep up with the world. Why, because this book serves what you want and wish in this era.

Pamela Eckert:

Often the book Natural Running: The Simple Path to Stronger, Healthier Running has a lot associated with on it. So when you check out this book you can get a lot of advantage. The book was compiled by the very famous author. This articles author makes some research prior to write this book. This specific book very easy to read you can get the point easily after reading this article book.

Sandra Bland:

Playing with family in a park, coming to see the water world or hanging out with pals is thing that usually you might have done when you have spare time, subsequently why you don't try thing that really opposite from that. I activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Natural Running: The Simple Path to Stronger, Healthier Running, you can enjoy both. It is great combination right, you still desire to miss it? What kind of hang type is it? Oh come on its mind hangout people. What? Still don't obtain it, oh come on its named reading friends.

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