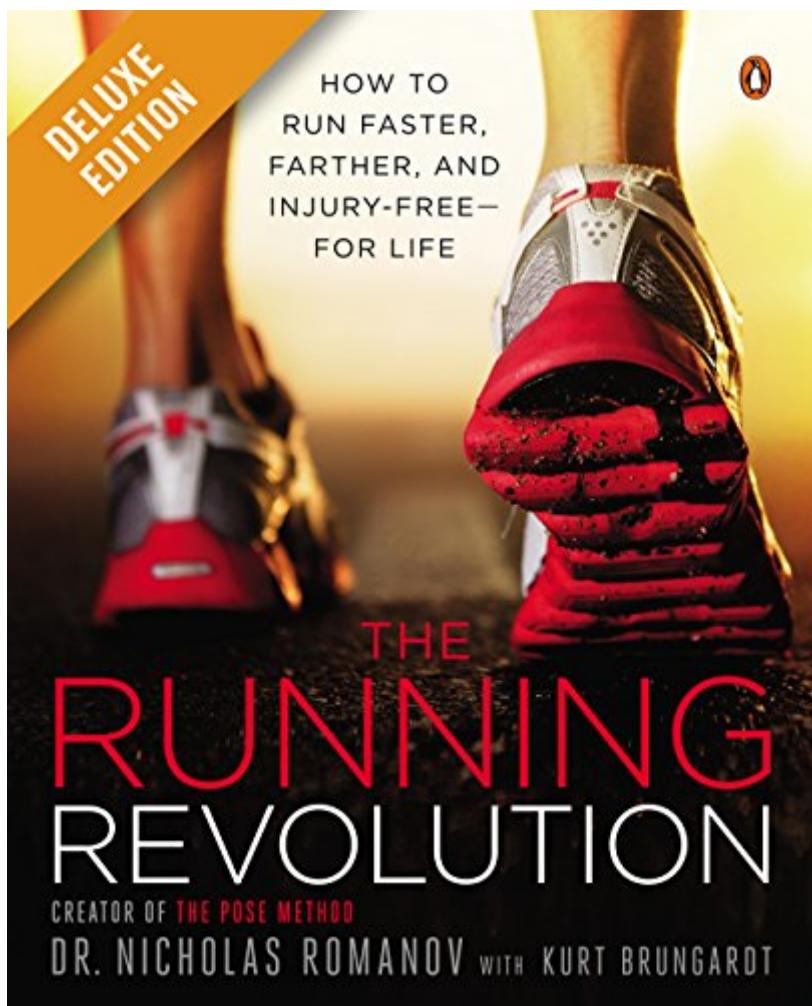


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# The Running Revolution Deluxe: How To Run Faster, Farther, And Injury-Free--for Life



## Synopsis

This Deluxe eBook edition of The Running Revolution includes 19 instructional videos demonstrating techniques, drills, and exercises that will allow you to master the Pose Method and run injury-free for life. Also included are a how-to guide for filming your running, what to look for when watching yourself run and how to run on different surfaces, as well as a look at common running injuries and how and why they occur. From a two-time Olympic coach who has trained the running elite, an essential guide for all runners seeking to go faster and farther without injury.

Christopher McDougall's Born to Run and the wildly popular natural running trend it sparked changed the way we think about running, but it has also prompted many questions: Have we been running the wrong way? And, have we been running in the wrong kind of shoe? What is the safest type of foot strike? How many types are there? And what is a foot strike anyway? No existing guide has clearly addressed these concerns until now. The Running Revolution provides both beginning and experienced runners with everything they need to know in order to safely and efficiently transition to and master a safer and more biomechanically efficient way of running that is guaranteed to improve performance and minimize wear and tear on the body.

More than a one-size-fits-all guide, The Running Revolution will provide readers with clear instructions that they can easily integrate into their unique running histories in order to run safely, intelligently, and efficiently for many years to come.

## Book Information

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## Customer Reviews

If you have shin splints Pose will help especially when used in combination with toe tapping exercise (in fact the toe taps are critical in the early recovery, though not covered in the book) This book is easy for the new runner to follow and provides immediate improvements if you follow the simple suggestions. I gained stamina and distance right from the start. I develop runners knee when I changed form, however I meet a veteran runner who took the time to explain that it was a ligament that needed stretched and he showed me some stretches. I had slacked on following the books guidance in that area and paid a price, now I'm dedicated. Do yourself a favor and follow Mr. Romanov guidance to the letter for 60 days, the pay off is worth it.

Finally! Running can and should be taught as a skill. Just because you can run does not mean that you are good at it. Romanov has used his experience as a coach and created "the pose method" an efficient way of running. With this book you will learn this method. Practical exercises for running, strength and mobility. How to coach yourself and fine tune your technique. Videos in the book are magnificent and complement the book extremely well. And lastly you will get programs you can follow depending on your goals. A must read for all coaches and runners.

Wish I had known about this in high school and had someone to teach me the proper running technique. But better late than never. By using the POSE method I am running using less energy, going faster and not getting injured. If you can't find a local coach, the online video program is only \$5 a month for 3 months. Its worth the time.

Really good book, with videos and pictures it explains very well the technique. Carefull, you must to have a Fire Tablet if you want to see the videos, on PC or Android you cant see them. I combined the information with the Chi running and it worked better.

All I can say is read the book. Did a great job explaining why I was hurting after longer runs! Slow process to get the pose in place all the time and will sure keep you thinking while you are running.

I own the book. Discovered this version with the videos. Really helps integrate the concepts with the

practice. I recommend it for anyone who will be self-coaching.

Seems like a very thorough book. I have been a heel to toe runner all my life. I have had many injuries. I am looking forward to trying the Pose method. I can read the book on my android devices but not on my lap top with Windows 8. Is there any work around?

I weight over 250 lbs with 19% body fat. I have always avoided long distance running because it was very painful. I just ran my first half marathon and I feel great. This book taught me how to run efficiently and pain free. Thanks Dr. Romanov!

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