



Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners-Run Farther, Faster, and Injury-Free

Pete Magill, Thomas Schwartz, Melissa Breyer

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“The best running book ever.” —Bob Anderson, founder of *Runner’s World*

Whether you're a miler or an ultramarathoner, if you want a fit, fast, and injury-resistant running body, there's a better way to train than relentlessly pursuing mileage. This easy-to-use workout manual draws on the latest research in running physiology to target all the components that go into every stride—including muscles, connective tissue, cardiovascular fitness, energy production, the nervous system, hormones, and the brain. With the breakthrough whole-body training program in *Build Your Running Body*, runners will improve their times, run longer and more comfortably, and reduce injury.

With more than 150 workouts—from weightlifting and cross-training to resistance exercises and plyometrics—fine-tuned to individual skill levels and performance goals, PLUS:

- **393 photos** that make it easy to follow every step of every workout
- **10 training programs** to help runners of all levels integrate the total-body plan into their daily routines
- **Interviews with leading runners, exercise scientists, and coaches**—learn how elite runners train today
- **Race strategy** for the crucial weeks leading up to the competition and through to the finish line
- **Exercises to prevent injury** and rehabilitate common running ailments
- **Seasoned insight** on barefoot running, the pros and cons of stretching, and other hot-button topics
- **Nutrition guidance** on carbs, proteins, fats, and weight loss
- **More than 30 recipes** to speed recovery and cement fitness gains
- **Beginners' guidelines** every step of the way
- **Valuable tips** on proper apparel, tracking your progress, and more!

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The knowledge that you get from Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners-Run Farther, Faster, and Injury-Free will be the more deep you looking the information that hide inside the words the more you get thinking about reading it. It does not mean that this book is hard to recognise but Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners-Run Farther, Faster, and Injury-Free giving you thrill feeling of reading. The article author conveys their point in a number of way that can be understood simply by anyone who read this because the author of this reserve is well-known enough. That book also makes your own vocabulary increase well. That makes it easy to understand then can go along, both in printed or e-book style are available. We propose you for having this specific Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners-Run Farther, Faster, and Injury-Free instantly.

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