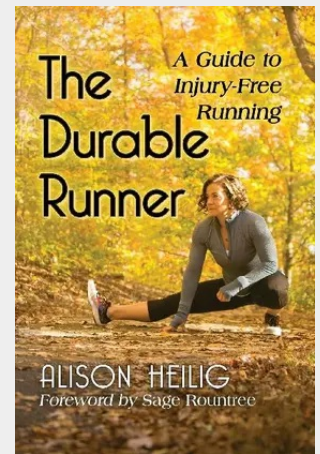


The Durable Runner

A Guide to Injury-Free Running

Part sport and part exercise, running boosts health, longevity and mental well-being. However, running is a demanding activity that can potentially tax the runner's body and mind. Therefore, possessing durability for running—a fusion of toughness and flexibility—is desirable to enhance a runner's physical and mental experience. This book—the first of its kind to combine corrective exercise, self-myofascial release, and yoga—empowers runners with measures to avoid unnecessary pain, injury and burnout. It is a comprehensive guide to creating a simple and efficient system of personalized supplemental training in which runners learn to identify and address areas of imbalance and overuse. These training methods increase strength, stability, mobility, and resiliency, and require as little as 15 minutes per day to implement. Runners can decrease the risk of injury, improve running performance, and maintain joint health. The result: a more durable body and mind that will support your running—and your life—for years to come.

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