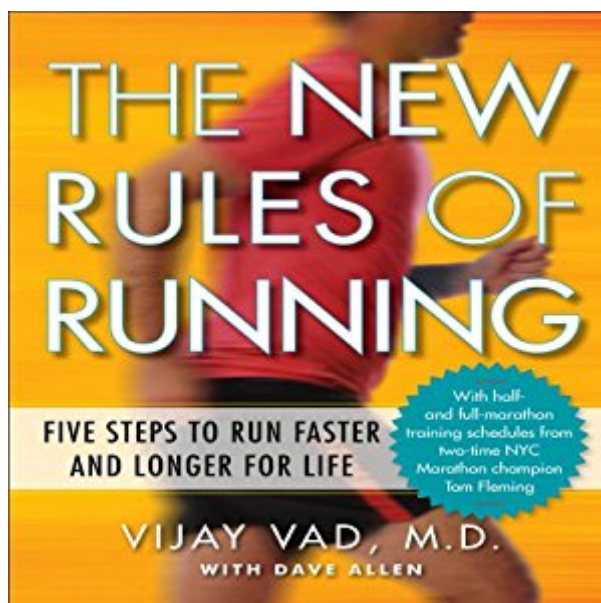


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# The New Rules Of Running: Five Steps To Run Faster And Longer For Life



## Synopsis

The ultimate guide to injury-free running and racing, from renowned sports medicine specialist Vijay Vad with training schedules designed by coach and 2-time NYC Marathon Champion Tom Fleming. Whether you're learning to run, trying to lower your Personal Record, recovering from injury, or just getting in shape, *The New Rules of Running* will make you a faster, healthier runner. The only audiobook on running authored by a sports medicine specialist, this informative guide offers a primer on running's most common injuries, emphasizing prevention and recovery, to get you through the grueling training months unscathed. It also includes essential strengthening exercises, stretches, nutrition, and hydration tips.

## Book Information

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## Customer Reviews

Dr. Vad details the five rules from the subtitle in the first chapter. But if you think the value of this book is contained in that one chapter, I think you are sadly mistaken. After giving us the rules, the good doctor spends the rest of the book giving practical, medically sound, advice for training for a marathon or a half-marathon. Don't worry. There is plenty of advice for the 5K and 10K runners, as well as the casual runner just looking to drop a few pounds, too. Dr. Vad is not simply regurgitating the information from medical textbooks, either. He is a runner himself and trains with his kids. He knows how to run from his own experience as well his medical training. Some of his great advice is: When running on cambered (slanted) road surfaces, reverse the direction of runs to prevent the downhill foot/leg from being injured by excessive stress. Pre-run static stretching may not be as important as we once thought. A slower paced warm-up may be better than stretching. Strength

training the upper body, as well as, the lower may increase your speed. Nobody runs with their arms hanging limply at their side. The arms are used to set the pace for the legs. Oh, yeah, about those five rules. They are: 1) There's no one way to run. 2) Speed is strength in disguise. 3) You must learn to endure. 4) Hydrating and eating properly stimulate. 5) Rest is essential for recovery and improved performance. If you are a beginning runner in his/her fifties look to run their first 5K or a marathoner looking to get his time below 4 hours, you find a wealth of good advice, strengthening and stretching exercises.

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