



Anatomy, Stretching Training for Marathoners: A Step-By-Step Guide to Getting the Most from Your Running Workout

By Jay Dicharry

Skyhorse Publishing. Paperback. Book Condition: New. Paperback. 320 pages. With training tips, exercises, and injury remedies, this is a book that every runner and coach should have! Running has become more and more popular in recent years, with thousands of people entering marathons, buying new running shoes with the latest technology, and going for a daily jog. But the joy and thrill of running is often marred by injuries that can bother you for a few weeks or for many years. That's why every runner needs to have Anatomy, Strength, and Training for Marathoners. Jay Dicharry offers expert advice on how to achieve optimal athletic potential and set new personal records without the risk of getting hurt. He provides answers and tools for training, including: Mobility and stability tests to assess your form Corrective exercises to improve your core Step-by-step photos An assessment of running footwear and barefoot running The truth about stretching And much more! Along with clear and thorough explanations of how running influences the body, and how the body influences your running, this book answers many of the common questions that athletes have: Do runners need to stretch What is the best way to run What causes injuries Which...



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