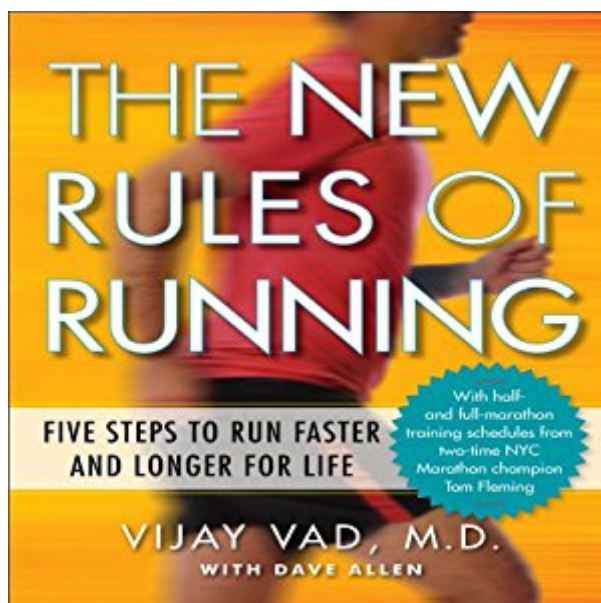


The book was found

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

Audible Audio Edition

Listening Length: 7 hours and 33 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Gildan Media, LLC

Audible.com Release Date: April 1, 2014

Language: English

ASIN: B00IS8BVOA

Best Sellers Rank: #107 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #565 in Books > Audible Audiobooks > Nonfiction > Sports & Recreation #675 in Books > Sports & Outdoors > Coaching > Training & Conditioning

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.

[Download to continue reading...](#)

The New Rules of Running: Five Steps to Run Faster and Longer for Life A Smarter Way to Learn HTML & CSS: Learn it faster. Remember it longer. (Volume 2) Robert's Rules: QuickStart Guide - The Simplified Beginner's Guide to Robert's Rules of Order (Running Meetings, Corporate Governance) Kids Running: Have Fun, Get Faster & Go Farther Running Motivation and Stamina: Train Your Brain to Love Running with Self-Hypnosis, Meditation and Affirmations Chi Running: A Training Program for Effortless, Injury-Free Running Running for Beginners: Teach Me Everything I Need to Know About Running in 30 Minutes Running for Beginners: Get a Glimpse inside the Runner's World: Your Training Plan on How to Start Running Injury Free Your Cat: Simple New Secrets to a Longer, Stronger Life Running Like a Girl: Notes on Learning to Run Run the World: My 3,500-Mile Journey Through Running Cultures Around the Globe Start and Run Your Own Record Label, Third Edition (Start & Run Your Own Record Label) The Happiest Baby on the Block; Fully Revised and Updated Second Edition: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer Reverend Run (Run-D.M.C.) (Hip Hop (Mason Crest Hardcover)) Start & Run a Coffee Bar (Start & Run Business Series) The Maps of First Bull Run: An Atlas of the First Bull Run (Manassas) Campaign, including the Battle of Ball's Bluff, June-October 1861 (American Battle Series) Run, Boy, Run Dr. Jensen's Juicing Therapy : Nature's Way to Better Health and a Longer Life Your Older Dog: A Complete Guide to Helping Your Dog Live a Longer and Healthier Life Living the Farm Sanctuary Life: The Ultimate Guide to Eating Mindfully, Living Longer, and Feeling Better Every Day

[Dmca](#)