

1: The Complete Idiot's Guide to Running Injury-Free by Damon Martin

*The Complete Idiot's Guide to Running Injury-Free [Coach Damon Martin, Bob Schaller] on www.enganchecubano.com
FREE shipping on qualifying offers. No pain-maximum gain. > More than half of all runners in the U.S. are sidelined at least once a year because of an injury.*

Or the important role they play in injury free running? There are 26 bones connected through 33 joints in the human foot. It provides balance, foot stability and explosive power for your running stride. Proponents of barefoot running point to this as one of the major benefits of letting our feet be free! Gaining foot strength can improve your entire stride, which increases speed and reduces injury. Your foot should only connect with the ground for a few seconds on each stride. Strengthen Your Feet We spend a lot of time talking about lunges, calf raises and squats to strengthen our hips and glutes. Yet the entire process of running relies on feet that can carry us for miles! Eric Orton helped drive this point home for me during running camp. A few quick exercises will help to build strength that provides better control of the entire running motion and stretches tight muscles to prevent common issues like plantar fasciitis and calf strain. Roll your foot over a tennis ball or PT ball each day to stretch the muscles Practice moving your big toe without moving other toes. Single leg balance moves in bare feet will also help to strengthen the hips and core, reducing the need for your feet to absorb the impact Land on the Fore to Mid Foot Many runners become confused after hearing talk about heel striking, forefoot, mid-foot where to land?! The answer is fairly simple. When you start running think about landing with a relaxed foot that is parallel to the ground or slightly toward the toes. This means you will need to land under your body, which prevents heel striking and allows for the slight forward lean which is ideal posture. In either case you will roll forward and yes once again rely on that big toe for the push off. Tightness in the lower leg can cause the knee to be misaligned which creates the friction that results in pain, so massage or foam roll those calves. Connection to Earth A number of recent studies have shown that simply going barefoot can help give you a sense of connection and grounding, which has a healing effect. Maybe just a few moments of feeling that soft green Earth will also remind you of being kid again when running was nothing more than joy. For us non-barefoot runners, the practice of simply taking your shoes off to walk around the grass or stand for a bit is known as grounding. Disruption of Patterns One of the biggest benefits from transitioning to barefoot running is quite simply the disruption of old habits. During the transition, runners have to be conscious of their form, slow down and in general reconsider their training. Most of us rarely take the time for a full reboot, we simply lace up and go. If all of this has left you pondering the question of the decade: Should you run barefoot? Because the studies simply have not been done. That could involve seeing a physical therapist to evaluate your stride, implementing more strengthening exercises or testing out barefoot running. How often do you focus on working your feet? Ever tried barefoot running?

2: 6 Lessons from Barefoot Running to Improve Speed and Reduce Injury - RunToTheFinish

The Complete Idiot's Guide to Running Injury-Free: Hit the Road Without the Road Hitting You Back by Bob Schaller, Damon Martin No pain-maximum gain. More than half of all runners in the U.S. are sidelined at least once a year because of an injury.

3: The Complete Idiot's Guide to Running Injury-Free (ebook) by Bob Schaller |

Many others run through the pain that starts to surface as they age - the result of years of bad posture, joint and muscle stiffness and poor running mechanics. This guide provides readers with a holistic approach to preventing injuries and getting rid of nagging pains.

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The Complete Idiot's Guide to Running Injury-Free has 28 ratings and 6 reviews. Valia said: The biggest advantage of this book is that its author is a ve.

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Get this from a library! The complete idiot's guide to running injury-free. [Damon Martin; Bob Schaller] -- More than half of all runners in the U.S. are sidelined at least once a year because of an injury.

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