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Danny Abshire

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Rewild Your Life: Tony Riddle | Rich Roll

Podcast Principles of Natural Running

with Dr. Mark Cucuzzella Barefoot

Running Technique Simplified | Why it is

so Efficient What Will Make 2021

Different? Part II The Earth is NOT Flat

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II -- Full Sermon (January 10, 2021)

Pastor John Koletas Are we born to run? |

*Christopher McDougall **Our Favourite***

Scripture Passages: Psalm 119:105-112

*The truth about barefoot running - the key
to avoiding injury or a runner's fad?*

TONY RIDDLE - LOOSE THE SHOES:

Why Is Barefoot Running Better? |

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4 Simple Tests You Must Do Before
Transition to Minimalist Running Born To
Run Coach Eric Orton: Run Technique
(Part 1)

Are we born to run? - Christopher
McDougall **A Simpler Way: Crisis as
Opportunity (2016) - Free Full**

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Daily Abspire~~
~~Documentary Jan 10 2021 Firstfruits Part
2 Upload~~ **BORN TO RUN Debate:
Author vs. Podiatrist**

Barefoot Running - The TRUTH
[Infographic]~~Introduction To Natural
Running~~ **2021-01-08 Sean and Michael
discuss self-investigation, surrender,
ego, v?san?s and s?k?i (witness) Dr.**

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Mark Cucuzzella - 'Run (and Eat) For
Your Life' *RUNNING BOOK REVIEW:*
*"BORN TO RUN" BY CHRISTOPHER
MCDOUGALL* ~~Natural Running The
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Runners will learn how to analyze and identify their own characteristics so they can start down the path to natural running.

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Abshire explains the natural running technique, describing the posture, arm carriage, cadence, and land-lever-lift foot positioning that mimic the barefoot running style.

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Abshire explains the natural running technique, describing the posture, arm carriage, cadence, and land-lever-lift foot positioning that mimic the barefoot running style.

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Natural Running is the middle ground runners have been looking for. By learning to run the barefoot way—while wearing shoes—runners will become more efficient, stronger, and healthier runners. Backed by

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Studies at MIT and Harvard, running form and injury expert Danny Abshire presents the natural running technique, form drills, and an 8-week transition plan that will put runners on the path to faster, more efficient, and healthier running.

~~Natural Running: The Simple Path to~~

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Newton Running's Co-Founder and CTO

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Natural Running is the middle ground runners have been looking for. By learning to run the barefoot way, while wearing shoes, runners will become more efficient, stronger, and healthier runners. Backed by studies at MIT and Harvard, running form and injury expert Danny Abshire presents the natural running technique, form drills,

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To an 8-week transition plan that will put runners on the path to faster, more efficient, and healthier running. In *Natural Running*, Abshire explains how modern running shoes distort the efficient running technique that humans evolved over thousands of years. He reviews the history of running shoes and injuries, making the

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case for barefoot running but also warning about its dangers. By learning the natural running technique, runners can enjoy both worlds—comfortable feet, knees, and legs and an efficient running form that reduces impact and injuries. Natural Running teaches runners to think about injuries as symptoms of poor running form. Abshire

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specifies the overuse injuries that are most commonly associated with particular body alignment problems, foot types, and form flaws. Runners will learn how to analyze and identify their own characteristics so they can start down the path to natural running. Abshire explains the natural running technique, describing the posture,

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arm carriage, cadence, and land-lever-lift foot positioning that mimic the barefoot running style. Using Abshire's 8-week transition plan and a tool kit of strength and form drills, runners will move from heel striking to a midfoot or forefoot strike. Natural Running is the newest way to run and also the oldest. By discovering

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how they were meant to run, runners will become more efficient, stronger, and healthier runners.

For readers of Born to Run by Christopher McDougall, The Barefoot Running Book lends practical advice on the minimalist running phenomenon Ditch those cushiony

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running shoes—they're holding you back and hurting your feet! You've heard about barefoot running and how it can reduce injury and allow for better form. Maybe you've even tried it and learned how shedding those heavy, overly-manufactured shoes can make running more enjoyable. Regardless of your

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expertise level, Jason Robillard—a leading expert on barefoot running education and director of the Barefoot Running University—synthesizes the latest research to ease you from barefoot walking to slow running to competitive and trail running vis-à-vis simple drills, training plans, and useful hints from fellow barefoot runners.

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Practical, easy-to-follow, and illustrated with black-and-white photographs throughout, *The Barefoot Running Book* shows how everyone can transition to barefoot and minimalist shoe running—safely and optimally.

Get the book that covers what you need to

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know about foot care, including footwear, prevention, and treatment. Hiking, backpacking, running, walking, and other athletic endeavors, your feet take a beating with every step. Don't wait until foot pain inhibits your speed, strength, and style. Learn the basics—along with the finer points—of foot care before pain becomes a

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problem. Foot expert and ultrarunner John Vonnhof and physical therapist Tonya Olson share how the interplay of anatomy, biomechanics, and footwear can lead to happy (or hurting!) feet. *Fixing Your Feet* covers all that you need to know to care for your feet, right now and hundreds of miles down the road! Inside You'll Find

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Tried-and-true methods of foot care from numerous experts Tips and anecdotes about recovery and training Information about hundreds of foot-care products for nearly every foot ailment High-interest topics such as “Barefoot & Minimalist Footwear,” “Blister Prevention,” and “Providing Foot Care for Athletes”

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Discussions of individual foot care and team care “From heels to toes, products to pathology, resources to rehabilitation, this book has it all. An essential guide.”

—Runner's World

Provides an introduction to training for long distance running, covering such

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topics as choosing running shoes, balancing dietary needs, using warm up exercises, protecting oneself from injury, and running schedules with different levels of difficulty.

Draws on Zen philosophies to counsel runners on how to achieve better results by

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aligning the body and mind for success, providing case testimonials while providing coverage of topics ranging from staying committed and training mindfully to visualizing goals and accepting limitations. Original.

Running can help you lose weight, create a

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healthy body image, and boost your self-esteem. No matter your fitness level, you too can enjoy the benefits of this sport!

With this book, you'll gain the knowledge and tools you need to run a 10K, a marathon, or just a lap around the block!

The new edition includes: Cutting-edge information on hugely influential trends in

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natural running, including ChiRunning, barefoot running, and cross-training with yoga and meditation Information on how to select the right gear and manage your nutrition, including details on new diets favored by endurance athletes A dedicated section on running for women, including specific nutritional and physical concerns

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Whether you're a beginner or a seasoned veteran, this book has everything you need to maximize your running potential--from start to finish!

Run the Way You Were Born to Run
Every runner wants a smooth, light,
powerful, and resilient stride. But there

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isn't one ideal form all runners should try to emulate. Instead, research and experience show that people can run effectively in a wide variety of patterns with some universal elements. In lively, accessible prose, author Jonathan Beverly details his search for common ground among physical therapists, podiatrists,

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biomechanics researchers, and coaches, and reveals how individual runners can apply those principles and improve their performance, avoid injury, and enhance their enjoyment on the run. With specific, illustrated exercises that show how to counteract tight muscles from excessive sitting, improve limited arm mobility from

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hunching over electronic devices,
strengthen your feet for better balance, and
improve speed by lengthening your stride,
Runner's World Your Best Stride is an
approachable guide to human movement
and a practical tool for improved running
performance.

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With My Life on the Run, Bart Yasso--an icon of one of the most enduringly popular recreational sports in the United States--offers a touching and humorous memoir about the rewards and challenges of running. Recounting his adventures in locales like Antarctica, Africa, and Chitwan National Park in Nepal (where he

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Daily Absmile
was chased by an angry rhino), Yasso recommends the best marathons on foreign terrain and tells runners what they need to know to navigate the logistics of running in an unfamiliar country. He also offers practical guidance for beginning, intermediate, and advanced runners, such as 5-K, half marathon, and marathon

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training schedules, as well as advice on how to become a runner for life, ever-ready to draw joy from the sport and embrace the adventure that each race may offer

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Kicksology is your all-access pass into the fascinating, colorful world of running shoes—and what makes up a perfect pair of kicks. Sports journalist and veteran shoe tester Brian Metzler takes runners and kicksologists deep inside the \$10 billion dollar running shoe industry with a behind-the-curtain look at what makes iconic

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running shoe brands tick. Kicksology follows a shoe from inspiration to store shelf to show how innovative ideas evolve into industry-wide trends and fads.

Metzler tours shoe labs where scientists advance our understanding of shoes and running mechanics as well as the domestic and overseas shoe factories where the

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To the world's strongest kicks are assembled. A dedicated shoe nerd and running junkie, Metzler shares his love of great shoes in this fascinating look at the intersections of shoe culture and history, science and storytelling, intel from the innovators with on-the-ground insight from top runners. Kicksology is filled with information as

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entertaining as it is surprising, tapping into the passion runners have for their kicks and feeding their curiosity about what makes a great shoe.

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