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--Rod Dixon, winner of the 1983 New York City Marathon, Olympic Medalist, two-time World Cross Country Championship Medalist, and founder of KIDSMARATHON "Build Your Running Body masterfully breaks down the essentials of running-specific training and will help bring you to the starting line of your next race happier, healthier, and faster than ever! Pete Magill is a master, and that's not just an age group designation!

Build Your Running Body: A Total-Body Fitness Plan for All ...

"Build Your Running Body is the most useful, info-packed, and comprehensive training manual I've ever read. Coaches will find it invaluable, and runners of all levels will use it as a complete guide to reaching their goals."--Amby Burfoot, 1968 Boston Marathon winner and Runner's World editor-at-large

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When want to increase running pace, it's important your training regime incorporates speed runs with mobility and recovery workouts to build muscle strength.

How to create your own running training plan, for every ...

BUILD YOUR RUNNING BODY Just as weightlifters target muscle groups, we runners need to target the individual components of our running body. Specificity in training, not some generic quantity of...

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Build Your Running Body: A Total-Body Fitness Plan for All ...

Build a support system: Equip your routine with things that will make you feel good, says Duhigg. Run with friends or go to a parkrun, and track your miles so you can see your progress.

How to start running today: a guide to running for beginners

9 Weird Things Running Does to Your Body. There's no doubt that running can be tough on your body, so in honor of marathon season, we rounded up some of the more bizarre things that can happen ...

9 Weird Things Running Every Day Does to Your Body ...

Running can build lower body muscles, but it largely depends on the intensity and duration of your runs. In one study, 12 recreationally trained college students completed high intensity interval...

Does Running Build Muscle? All You Need to Know

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Questions And Answers With A Long Walk Home

Whether you're a miler or an ultramarathoner, if you want a fit, fast, and injury-resistant running body, there's a better way to train than relentlessly pursuing mileage. This easy-to-use workout manual draws on the latest research in running physiology to target all the components that go into every stride—including muscles, connective tissue, cardiovascular fitness, energy production, the ...

Build your running body : a total-body fitness plan for all...

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