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With the breakthrough whole-body training program in Build Your Running Body, runners will improve their times, run longer and more comfortably, and reduce injury. With more than 150 workouts-- from weightlifting and cross-training to resistance exercises and plyometrics--fine-tuned to individual skill levels and performance goals, PLUS: - 393 photos that

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make it easy to follow every step of every workout

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Build Your Running Body is a revolutionary and wide-ranging total-body running programme, written by a specialist team of running experts and based on the latest research in physiology and sports science.

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Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners Run Farther, Faster, and Injury-Free. 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.

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Build Your Running Body provides beginners with many years' worth of solid information to continue their advancement in running for a long time to come. "Build Your Running Body" is available for \$13.88 at Amazon.com .

~~"Build Your Running Body" (Book Review) | Breaking Muscle~~

July 29, 2014 Pete Magill. These 12 exercises target every muscle that runners need for strength and balance. The Runner 360 is an all-around strength program for runners who prefer the outdoors or their own living rooms to the weight room. Best of all, fitness motivator and running yoga instructor Angie Stewart Goka, MPH, CSCS, has crafted a workout that can be completed in 12 minutes and that targets every muscle that runners need for strength and balance.

~~12 Exercises To Build Your Running Body | PodiumRunner~~

With the breakthrough whole-body training program in Build

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~~Your Running Body, runners will improve their times, run longer and more comfortably, and reduce injury. With more than 150 workouts from weightlifting and cross-training to resistance exercises and plyometrics fine-tuned to individual skill levels and performance goals, PLUS:~~

~~Build Your Running Body - Workman Publishing~~

~~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...~~

~~Build Your Running Body | Runner's World~~

~~Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners Run Farther, Faster, and Injury-Free: Magill, Pete, Schwartz, Thomas, Breyer, Melissa, Siqueiros, Dr. Armando: 9781615191024: Amazon.com: Books.~~

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~~Build Your Running Body A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners Run Farther, Faster, and Injury-Free by Pete Magill, Tom Schwartz, Melissa Breyer, Armando Siqueiros The ultimate running guide: A revolutionary fitness program that targets every component of a well-rounded running body and mind~~

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~~Amazon.com: Build Your Running Body: A Total Body Fitness~~

But building your posterior chain is especially important for runners. The muscles on the back of your lower body propel you forward and the muscles on the back of your upper body help you maintain...

~~Build A Better Body | Runner's World~~

If you are completely new to running, you may spend the first 3-4 weeks switching between running and walking. As you progress, you should be running more and walking less. Take time to increase your distance to build strength, endurance and speed, in order to help protect your body. Managing load can support you to continue running long term.

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

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~~The Running Corps - FAST 5K RUNNING~~

Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners □ Run Farther, Faster, and Injury-Free Paperback □ July 29 2014 by Pete Magill (Author), Thomas Schwartz (Author), Melissa Breyer (Author), 4.7 out of 5 stars 219 ratings See all 2 formats and editions

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

For the beginner or the athlete looking for a personal best, Build Your Running Body is a comprehensive guide of coaching wisdom and accessible advice. Publisher: Profile Books Ltd. ISBN: 9780285642980. Number of pages: 448.

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Weight: 905 g. Dimensions: 230 x 190 x 20 mm.

~~Build Your Running Body by Peter Magill | Waterstones~~

With the breakthrough whole-body training program in Build Your Running Body, runners will improve their times, run longer and more comfortably, and reduce injury. With more than 150 workouts— from weightlifting and cross-training to resistance exercises and plyometrics—fine-tuned to individual skill levels and performance goals, PLUS:

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Body composition refers to how much of your body is lean muscle, organs, water, bone or fat. Most individuals are interested in increasing lean muscle while decreasing subcutaneous fat. Losing fat and gaining muscle is a key benefit of any exercise strategy, and running regularly can contribute to these desired results.

~~How Running Changes Your Body | The Active Times~~

If you aim to build lean muscle mass and you are running in the morning, make sure to have a light breakfast like a banana or some oatmeal. Long-distance running leaves you especially depleted, and you really want to avoid that while working on your muscle mass.

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