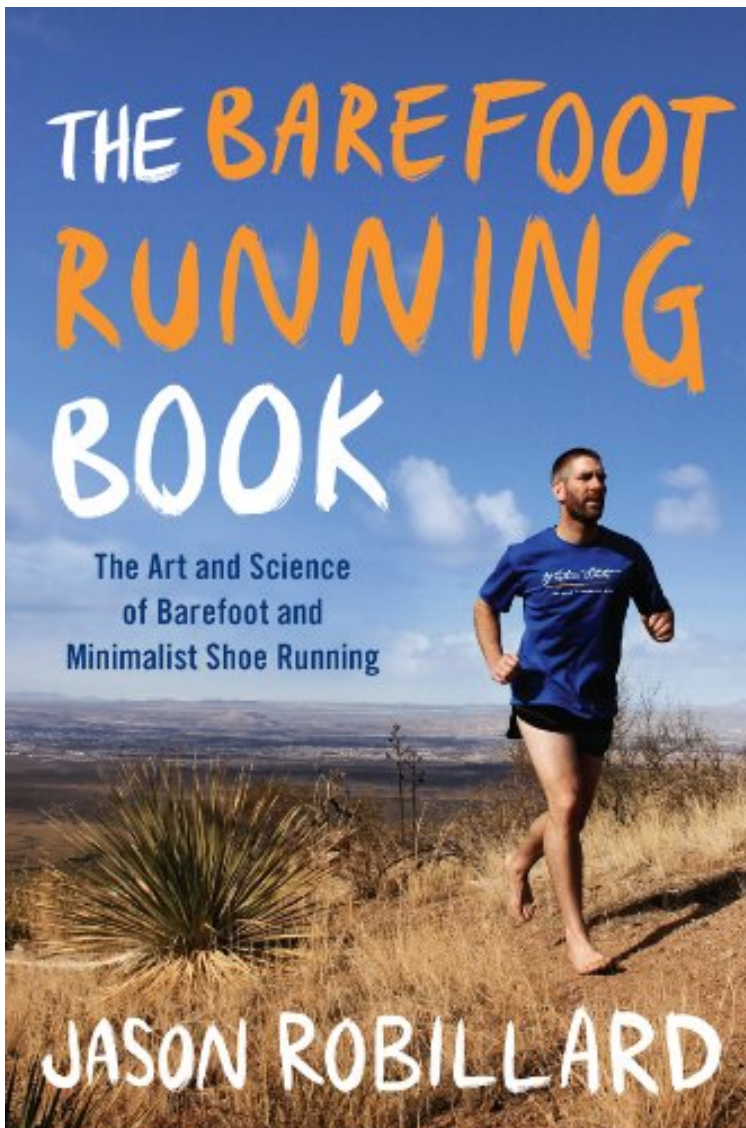


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The Barefoot Running Book: The Art and Science of Barefoot and Minimalist Shoe Running



Par Jason Robillard
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Description :

Prsentation de l'diteurFor readers of Born to Run by Christopher McDougall, The Barefoot Running Book lends practical advice on the minimalist running phenomenonDitch those cushiony running shoestheyre holding you back and hurting your feet!Youve heard about barefoot running and how it can reduce injury and allow for better form. Maybe youve even tried it and learned how shedding those heavy, overly-manufactured shoes can make running more enjoyable. Regardless of your expertise level, Jason Robillarda

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--vis simple drills, training plans, and useful hints from fellow barefoot runners. 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.

Revue de presse Jason Robillard is a master at teaching people the art and science of barefoot running. His book is highly motivating, and gives you the skills to go as far as you want. - Dr. Michael Nirenberg An invaluable guide by one of the experts in the field of barefoot and minimalist shoe running. - Dr. Joseph Froncioni The Barefoot Running Book is a no-nonsense approach to barefoot running recommended for anyone wanting to ditch their over-padded trainers and to learn what their feet have been "dying" to tell them! - Barefoot Rick Roeber

Présentation de l'auteur For readers of Born to Run by Christopher McDougall, The Barefoot Running Book lends practical advice on the minimalist running phenomenon. Ditch those cushiony 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 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--vis simple drills, training plans, and useful hints from fellow barefoot runners. 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.