



The New Rules of Running: Five Steps to Run Faster and Longer for Life

Vijay Vad, Dave Allen

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The ultimate guide to injury-free running and racing, from renowned sports medicine specialist Vijay Vad with training schedules designed by coach and 2-time NYC Marathon Champion Tom Fleming

Whether you're learning to run, trying to lower your Personal Record, recovering from injury, or just getting in shape, *The New Rules of Running* will make you a faster, healthier runner. The only book on running authored by a sports medicine specialist, this informative guide offers:

- A primer on running's most common injuries, emphasizing prevention and recovery, to get you through the grueling training months unscathed.
- Essential strengthening exercises, stretches, nutrition, and hydration tips.

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The actual book The New Rules of Running: Five Steps to Run Faster and Longer for Life has a lot of knowledge on it. So when you read this book you can get a lot of help. The book was written by the very famous author. Mcdougal makes some research just before write this book. This specific book very easy to read you can obtain the point easily after reading this book.

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