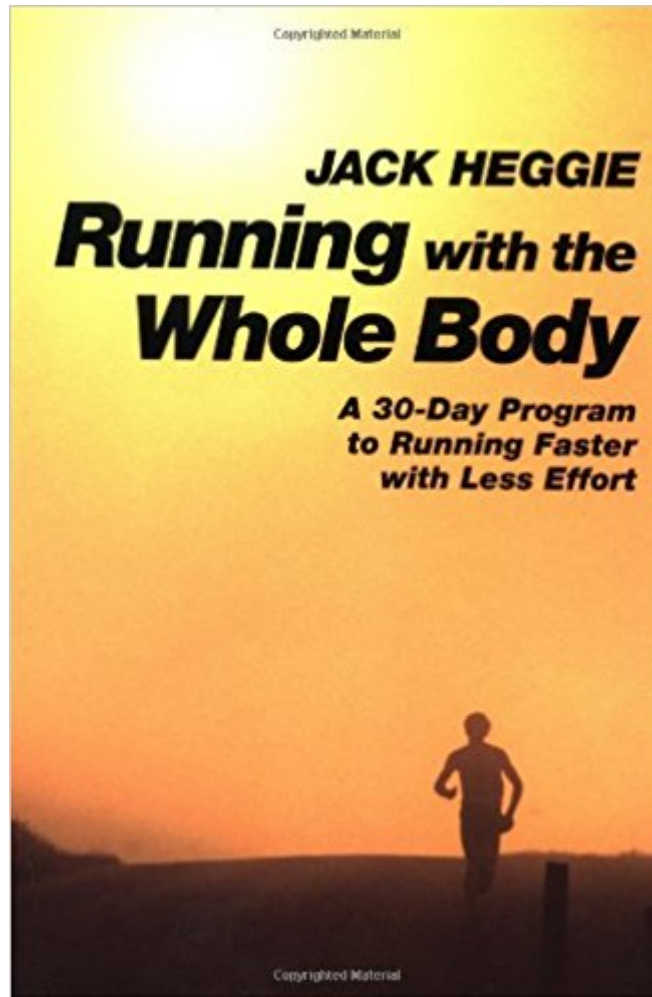


The book was found

Running With The Whole Body: A 30-Day Program To Running Faster With Less Effort



Synopsis

In *Running with the Whole Body*, Heggie proposes a thirty-day exercise program that will not only prevent you from injuring yourself in a new way, but enable you to become a smoother, and more powerful runner. The exercises presented isolate the workings of the various parts of the body to show how each part of the body balances and works in concert with the others. The result is a body whose torso, hips, pelvis and shoulders all move freely in the act of running. You will discover how to unleash the power of the large, strong muscles of the hips, spine and shoulders to power your running.

Book Information

Paperback: 192 pages

Publisher: North Atlantic Books; Revised ed. edition (November 19, 1996)

Language: English

ISBN-10: 1556432267

ISBN-13: 978-1556432262

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (12 customer reviews)

Best Sellers Rank: #181,012 in Books (See Top 100 in Books) #50 inÂ Books > Sports & Outdoors > Other Team Sports > Track & Field #362 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #1704 inÂ Books > Sports & Outdoors > Individual Sports

Customer Reviews

Background: Former triathlete, ran up to 70 miles per week, slowed by injury and work. Previously purchased and read "Chirunning", "The Art of Running" (an Alexander Technique approach), and reviewed what was available on the Pose Method website and the Evolution Running website, all prior to purchasing this book. Book was purchased after reviewing the first 1 or 2 chapters available free on Google books, which I would recommend doing. The resources above take two very different approaches. Painting in broad strokes, Chi Running, Pose, and Evolution Running (hereafter called Group 1) approach running as a series of drills that should be done until automatic, with an emphasis on footstrike directly in line with the axis of the body and a forward lean for propulsion. The Alexander Technique and the current book, which uses the Feldenkrais method (hereafter, Group 2), both focus on sensing how your body moves in space, and using this newfound awareness to help your technique. Further, "Running with the Whole Body" emphasizes a

connection between shoulder rotation and hip rotation that is profoundly different than the overall techniques in Group 1. The technique espoused in this book would be referred to as "power running" by the authors in Group 1. I had 10-12 months experience with Group 1 methods prior to reading this book. The advantage of this book (and the difference between this and the Alexander book) is the focus on sensing how your body moves in space. The Alexander book did mention this, but I felt that they gave a very simplistic overview and then said: "you can't really learn until you come to us and get a personal, one-on-one lesson." That is, pay \$\$\$ and we'll help.

[Download to continue reading...](#)

Running with the Whole Body: A 30-Day Program to Running Faster with Less Effort 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes JavaScript: The Ultimate Crash Course Learning JavaScript within a Day with New Approach for Faster Programming (Save Time and Effort) Runner's World Run Less, Run Faster:Â Â Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Whole: The 30 Day Whole Food Diet CookbookÂ Â© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Whole Food: Top Slow Cooker Recipes: The 30 Day Whole Food Diet CookbookÂ Â© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Whole: The 30 Day Whole Food Diet CookbookÂ Â© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners-Run Farther, Faster, and Injury-Free Good Slow Food: Top 25 Mouthwatering Slow Cooker Recipes For Great Comfort Food With Less Effort Running Mindfully: How to Meditate While Running for Your Body, Mind and Soul (Tibetan Buddhism, Mindful Running) The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing Series) The Healthy Gut Workbook:

Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Running for Health and Happiness: The Beginner's Guide to Faster, Pain-Free Running

[Dmca](#)