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Running Rewired: Reinvent Your Run For Stability, Strength, And Speed



Synopsis

In Jay Dicharry's *Running Rewired: 15 Workouts to Reinvent Your Run*, America's leading endurance sports physical therapist and running coach lays out a program for runners to become stronger, faster, and more resistant to injury. Dicharry distills cutting-edge biomechanical research into simple workouts any runner can slot into their existing training program and begin seeing results in about three weeks. Through his work at REP Lab and top university sports clinics, Dicharry has found five essential skills for good running form. His *Running Rewired* will show how you can rewire your body-brain movement patterns to build these skills and transform your running within one season. Dicharry's "rewire workouts" will amplify any running training plan-from 5K to ultramarathon-to build the stability, strength, and speed you need. Just three, 20-minute rewire workouts per week will unlock performance you've never tapped before. Try *Running Rewired* to overcome injuries, break out of performance slumps, and renew your passion for racing.

Book Information

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Customer Reviews

Praise for *Anatomy for Runners* by Jay Dicharry "This is the best resource on running biomechanics and injury prevention. The corrective exercises have become part of my training routine, improved my performance, and reduced my injuries." -Alan Webb, American record holder in the mile (3:46.91)"The biggest challenge running coaches encounter is discovering the balance between maximizing workload while holding off injuries. Jay Dicharry presents years of knowledge and useful practical information in a format that's understandable. I am certain *Anatomy for Runners* is spot-on, because Jay has helped several of my athletes both remain healthy and get back to championship

form." -Jason Vigilante, renowned running coach "Running is a simple sport, right? But why does almost everyone get hurt? As Jay discovers in this valuable guide, the reason is an amazingly complex mix of anatomy, strength, forces, vectors, and footwear effects. Alas, after reading this book and feeling what running really is, you will rediscover and understand its simplicity . . . then you can throw the rest of the library away." -Dr. Mark Cucuzzella, physician

Jay Dicharry's 15 "rewire workouts" will transform runners in just 3 weeks so they can run faster, longer, stronger and with fewer injuries.

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