

# Injury Free Running Second Edition: The Comprehensive Guide to Staying Healthy While Running

Running is a great way to get in shape, but it can also be hard on your body. If you're not careful, you can easily develop injuries that can sideline you for weeks or even months. That's why it's important to learn how to run injury-free.



## Injury-Free Running, Second Edition: Your Illustrated Guide to Biomechanics, Gait Analysis, and Injury

**Prevention** by Tom Michaud

★★★★☆ 4.7 out of 5

Language : English  
File size : 37802 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 265 pages  
Screen Reader : Supported



Injury Free Running Second Edition is the most comprehensive guide to staying healthy while running. This book is packed with practical advice and expert insights on how to prevent injuries, treat common running ailments, and improve your overall running performance.

## What's New in the Second Edition?

The second edition of Injury Free Running has been updated with the latest research on running injuries. This edition also includes new chapters on:

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- How to choose the right running shoes

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- How to warm up and cool down properly

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- How to prevent and treat common running injuries

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- How to improve your running performance

### **Who Should Read This Book?**

Injury Free Running Second Edition is a must-read for anyone who wants to run injury-free. This book is especially helpful for:

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- Runners of all levels, from beginners to experienced marathoners

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- Runners who have suffered from running injuries in the past

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- Coaches and trainers who work with runners

## **What You'll Learn from This Book**

After reading Injury Free Running Second Edition, you'll know how to:

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- Prevent common running injuries

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- Treat running injuries if they do occur

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- Improve your running performance

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- Stay motivated and injury-free for life

## **Order Your Copy Today!**

Injury Free Running Second Edition is available now in paperback, ebook, and audiobook formats. Order your copy today and start running injury-free!

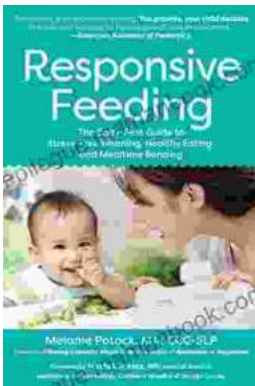
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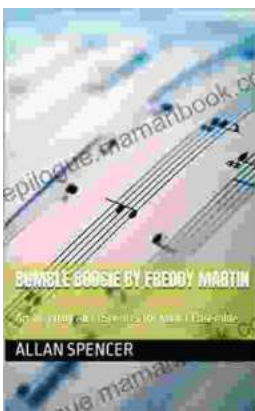


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