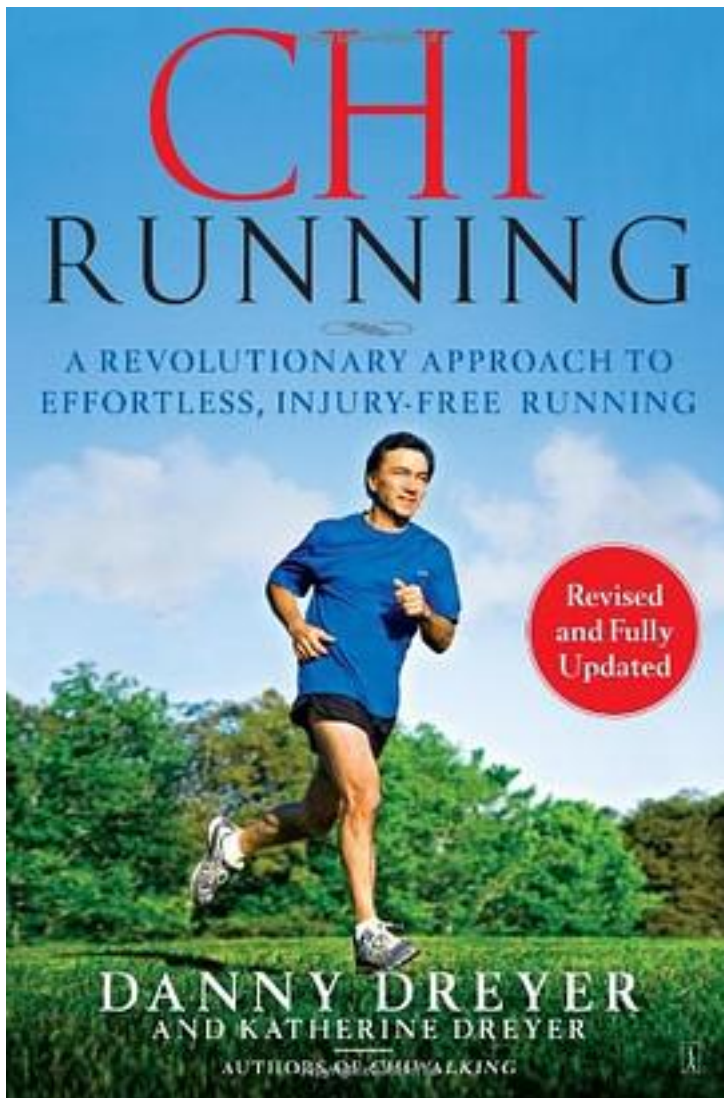


ChiRunning



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著者: Danny Dreyer

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在线阅读本书

Join the hundreds of thousands of people who are now running without injury or pain using the ChiRunning method. This new edition is fully updated with fresh insights and innovative training techniques from one of the sport's leading voices. Danny Dreyer teaches us how to heal and prevent injuries and also to run faster, farther, and with much less effort at any age or ability. With more than 150,000 copies in print, this groundbreaking program makes running safe and fun for beginning and seasoned runners, while also giving competitive runners the edge they seek. ChiRunning employs the deep power reserves in the core muscles, an approach found in disciplines such as yoga, Pilates, and in this case T'ai Chi. Make knee pain and shin splints a thing of the past Experience the natural efficiency of the midfoot strike Dramatically reduce your potential for injury Transform your running with our new 10-step training program ChiRunning provides powerful insight and transforms running from a high-injury sport to a body-friendly fitness phenomenon. Join the revolution!

作者介绍:

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标签

跑步

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评论

无脑运动3大病：单车膝、瑜伽背、跑步腿。。。不学伤身。。

重点与姿势都与《姿势跑法》类似；作者废话太多。书中的图例还是很有指导意义的。

读了前半部分。将太极和跑步融合在一起。

<http://bbs.runbible.cn/thread-703-1-1.html>

把现饭加了点气功玩意吵了吵，讲的倒详细，便于一步步学习

看看视频就够，加上不断的实践才行。

跑步入门看看有好处

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书评

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