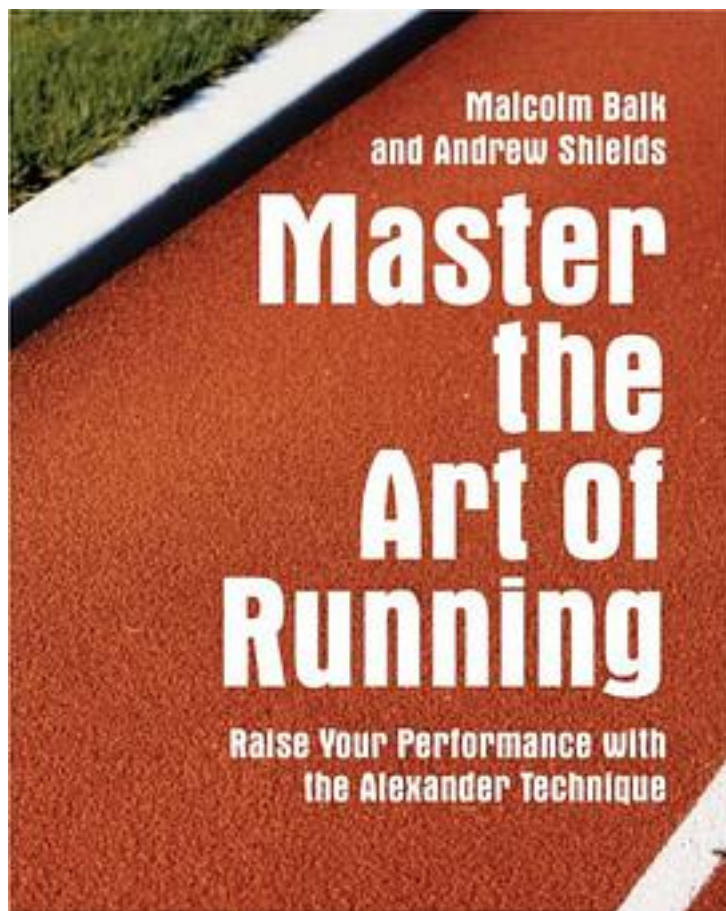


Master the Art of Running



[Master the Art of Running_ 下载链接1](#)

著者:Malcolm Balk

出版者:Collins & Brown

出版时间:2009-08-04

装帧:Paperback

isbn:9781843405436

Although running is becoming one of the most popular sports, learning to run properly can take time, energy and consistency. You need to do it regularly to become good at it and until you have achieved a certain level of competence, it is unlikely that you will enjoy it very much, or for very long. For many runners physical and mental barriers can

stop progress. This book's ultimate aim is to help you enjoy to run - to enjoy the feeling of movement, to overcome inertia, to renew yourself and to boost energy as a result. Master the Art of Running is based on the proven principles of the Alexander Technique that encourage good body use and greater awareness of the way your body functions and moves. The technique teaches you how to release tension from your back and neck and how to run without suffering from injuries. The authors' perspective on the sport takes them into areas rarely touched on in conventional manuals. Instead of placing importance on speed, targets and goals it emphasises the importance of the way you run so you can transform your training and performance.

作者介绍:

目录:

[Master the Art of Running_ 下载链接1](#)

标签

评论

[Master the Art of Running_ 下载链接1](#)

书评

[Master the Art of Running_ 下载链接1](#)