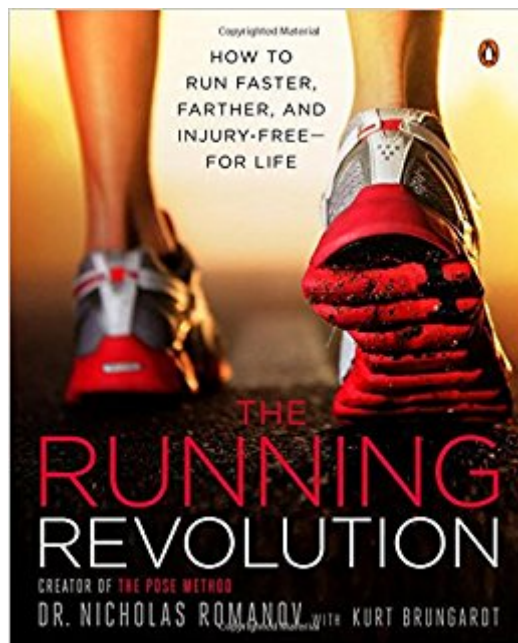




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The Running Revolution: How To Run Faster, Farther, And Injury-Free--for Life



Synopsis

From a two-time Olympic coach and creator of the Pose Method who has trained the running elite, an essential guide for all runners seeking to go faster and farther without injury Christopher McDougall's *Born to Run*—and the wildly popular natural running trend it sparked—changed the way we think about running, but it has also prompted many questions: Have we been running the wrong way? And, have we been running in the wrong kind of shoe? What is the safest type of foot strike? How many types are there? And what is a foot strike anyway? No existing guide has clearly addressed these concerns—until now. *The Running Revolution* provides both beginning and experienced runners with everything they need to know in order to safely and efficiently transition to and master a safer and more biomechanically efficient way of running that is guaranteed to improve performance and minimize wear and tear on the body. *More than a one-size-fits-all guide, The Running Revolution provides readers with clear instructions, complete with helpful illustrations, that they can easily integrate into their unique running histories in order to run safely, intelligently, and efficiently for many years to come.*

Book Information

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Customer Reviews

"The Pose Method of running has not only eliminated my injuries, it has been an integral part of continued improvement in my chosen sport. In fact at 52 years of age I am still improving. A bonus of the Pose Method for me has been significant health and strength improvement. My journey has been patient and progressive and had I continued to run as I did previously I believe I would

now be limited to playing board games. My advice is to be patient and persevere; it truly is worth it.

•Terry Roberts, 28 time Ironman finisher and Ironman Australia legend "I have used these principles to develop running skill in US Army Soldiers since 2008 and have seen decreases of up to four minutes on a two-mile run within just two weeks.

•Dr. Charles Blake, US Army Major and Physical Therapist "About one year ago, I could not run 50 yards without extreme IT Band Syndrome pain. I spent 30 minutes with Dr. Romanov and could run as far and as much as I wanted pain free. Today, I am the USA Paratriathlon National Champion.

•David Kyle, Associate Director of Health and Physical Education, University of Alabama "The material and insights detailed in The Running Revolution are scientifically, physically, and emotionally profound. The Pose Method has the potential to be used as a standard by which running performances can be evaluated, coached, and enhanced. If you are a runner looking for a resource to reduce injury risk, improve performance, and build your training program, look no further. In 25 years of working with running athletes, I have yet to find a more meaningful resource.

•Tom Whipple, Physical Therapist, Penn State Sports Medicine and author of The Endurance Paradox "Romanov's teachings have dramatically changed and fundamentally shaped the way we think about, understand, and teach not only running, but all movement. I can say unequivocally, that no other information I have acquired in my career has influenced my teaching process more. The Pose Method is the only teaching method we use for our runners at LA PALESTRA.

•Pat Manocchia, former "Good Morning America" fitness expert and founder of LA PALESTRA Center for Preventative Medicine "To tens of thousands of runners, including me, Nicholas Romanov walks (and runs) on water. Approaching running as a skill to be learned, his groundbreaking, much-copied Pose Method established a new paradigm, promoting a soft, natural landing that minimizes impact, maximizes speed, eliminates injuries, and saves running careers. No one thought about form until Romanov came along; now we know that it is crucial. I've interviewed dozens of runners who simply would not be running without it.

•Roy M. Wallack, author of Barefoot Running Step by Step and Run for Life "The Pose Method of running has been a crucial component of my Physical Therapy practice. Not only does this method offer a clear standard for teaching and modifying running form, it also allows runners to run more efficiently. I instruct my patients in the Pose Method before allowing them to run again. Since adopting this practice I have seen patients who were unable to run for years, not only start running again, but do so pain free. Other patients have shaved one to two minutes, on average, off of their two-mile Army

Physical Fitness Test run times. Since learning the Pose Method, I have personally dropped my half marathon time by 10 minutes.

•Major Angela Diebal, US Army Physical Therapist

"There's no doubt about it, the Pose Method made me a more efficient runner. And the beauty of the system is that no matter who you are, if you stick to the principles and apply them in each training session, you can't help but improve."

•Andrew Walters, Elite Australian Marathoner, Pose Method coach and founder of Setai-Do Australia

"I discovered Dr. Romanov's Pose Method about four years ago, and it has changed the way I understand running. Since then both my athletes and I have gained the ability to run great distances with less stress on the body, faster recovery and reduced running-related injuries. This book will help transform you into a smoother, more confident athlete."

•Gil Cramer, Running Technique Specialist and elite Ultra Marathoner

"Movement skill is foundational for the performance community. Dr. Romanov brings the same approach to running. Romanov's Running Revolution is the common standard upon which running skill can be built."

•Major David Feltwell, US Army Physical Therapist

"Dr. Romanov has spent the majority of his life thinking about running problems and in close to one day the solutions came to him: Pose Method. I am overwhelmed by gratitude when I ponder how much time Dr. Romanov has invested into solving many of the running problems we have not understood in the past."

•Debbie Savage, Strength and Conditioning Coach, Australian Sports Commission and former elite sprinter

"Romanov's years of research and practice, coupled with Brungardt's instructional writing, should be inspiring and informative for casual joggers and marathon runners alike."

•Publishers Weekly

Nicholas Romanov is a two-time Olympic coach and world-renowned sports scientist known for creating the Pose Method. He consults with elite athletes and professional teams around the globe. Over the last several decades, the Pose Method has been utilized at an institutional level with large organizations including the United States Military, CrossFit, and professional sports programs including the National Triathlon teams of Great Britain, the United States, and Russia. He lives in Miami.

Kurt Brungardt is one of America's top personal trainers and fitness writers. His books include the national bestseller *The Complete Book of Abs* and *The Complete Book of Core Training*. He lives in New York City.

It's been a while since I bought the book. I didn't finish it. I got bogged down in the details of pre-run and post-run exercises. This is a very involved program that involves videotaping yourself run from

various angles, keeping a running log, and implementing various other processes in your life. I found it overwhelming but very complete. If you want to become a serious running aficionado and don't want to pay a running coach, then this book seems like the logical alternative.

I've been running the "Chi running" style for a few years which uses many of Romanov's principles which are explained in depth in his book. I'm a 53 year old weekend runner and without killing myself training, I run at least one marathon a year and a couple of half marathons (besides some local 10K races) without knee or back pain while having fun and keeping in shape. Orthopedic surgeons and physical therapists would have much less work if runners would follow the "Pose" techniques in this book. Some of the running dynamics and philosophy are presented in a slightly different fashion in "Chi running" which I also highly recommend.

A must read book for runners! This is the first book that actually teaches you how to run with proper technique. This is also the first book I have ever read that has actual drills to build proper run mechanics. The author breaks down the run into three distinct phases: "Pose, Fall, Pull" and teaches you drills that allow you to learn these phases. I have been an avid Triathlete and distance runner since 2006. I have taken several running classes. My coaches taught me to "forefoot" strike and not to "heel" strike. They told me my cadence should be 180 steps per minute. They told me to ensure my arms did not cross and that they traveled from "hip to nip". However, none of my run coaches over the last 8 years of instruction could ever show me drills to build these techniques. In my Masters swim class, all they do is drill and swim. When I golfed, we built a solid swing by developing a solid base, one piece take-away, ensured we had a proper grip, proper alignment at the top of the swing and solid weight transfer at the bottom of the swing. We had drills to build these fundamentals. Until I read this book, none of literature actually focused on run technique. The Pose running drills: Springiness position, Body weight perception, Timber, Wall fall, base jump, change of support, pony and foot tap all teach you how to get into proper "pose", "fall" and "pull" when you are running. I have now incorporated these drills into my training. Tip: Go to "Youtube" videos: search for "drill posetv" to get visual lessons on how to perform the drills. Best wishes and happy running!

I've known about the Pose Method for over a decade, but have never been injury free enough to try it out consistently. I'm back to running again, incorporating the drills and tips in this book. I have a long way to go to improve my technique, but already my legs feel less tired, no twinges of any kind and i am naturally & almost effortlessly running faster.

The book is organized as a self-guided course, with a strict structure and progression. I haven't quite drunk the kool aid enough to commit 100% to the proposed framework, but I found it an eye-opening resource regardless. Romanov claims that all elite runners run as the book describes--with the ball of the foot striking under the hips, in line with the shoulders, hips, and head--but a quick search of "slow motion marathon" on youtube produces a handful of Kenyans, none of whom seem to be striking the ground in this position. However, they ARE all very clearly landing on the ball of their foot--interesting. Absolutely worth reading!

Good book

It would be better to follow an instructor. Reading isn't enough. I spent a few months to practice the technique described in the book but finally got to know from instructor that I misinterpreted some movements. After following an instructor for two months, I finally passed the exam. The book is good for reference but it can't replace an instructor.

For those who have read the "Pose Method of Running" should also read this book, or they would miss a piece of the great work in running.

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