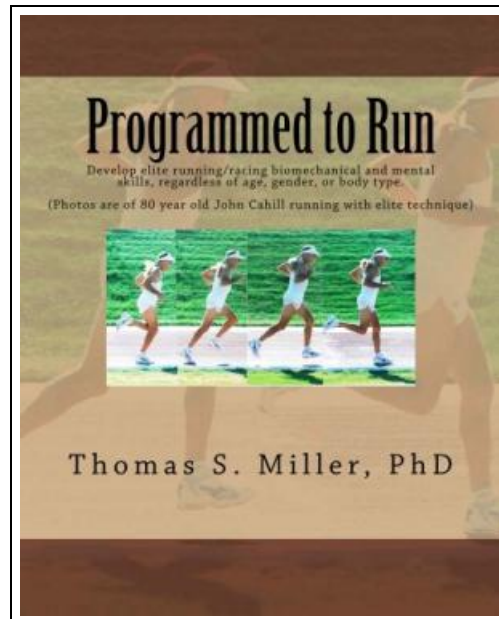


Programmed to Run: Develop Elite Running/Racing Biomechanical and Mental Skills, Regardless of Age, Gender, or Body Type.



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(Prof. Demetris Rau III)

PROGRAMMED TO RUN: DEVELOP ELITE RUNNINGRACING BIOMECHANICAL AND MENTAL SKILLS, REGARDLESS OF AGE, GENDER, OR BODY TYPE.

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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 172 pages. Dimensions: 10.0in. x 7.9in. x 0.5in. As a novice 65 years old in his first year of running, our cover runner, John Cahill came to Dr. Miller to learn the physical and mental skills he needed to race a marathon. At 66 in his first marathon he ran a 3: 04. At 72, he ran the same marathon in 3: 05. As he approached 80, he was still running sub-4hr marathons. Now, in his early 90s, John typically runs a 5K nearly every weekend when he is not traveling around the world. In PROGRAMMED TO RUN, Dr. Miller shares how he developed the concepts that led to Johns success and countless other runners. Simply put, your runningracing potential is grounded in your biomechanical and attentional skills, which are intimately related. This book is a guide for the self-coached runner - regardless of sex, age, body type, or ethnicity - to assess, refine, and program optimal running and racing skills, which, as demonstrated by John, can last a lifetime. This book will guide you in programming your mind and body to run with the physical and mental skills that replicate the talents of world class runners. After an analysis of the elements of elite running technique, you will learn how to apply mental skills to help you refine your running style. A discussion of how to cope with the dynamics of race preparation, execution, and evaluation follows. Internalizing these lessons will result in fewer injuries, more effective and consistent training, better racing results, and greater satisfaction and enjoyment in your running. After more than a decade of teaching thousands of runners, my staff, students, and I have concluded that PROGRAMMED TO RUN is the best guide to improving your...



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