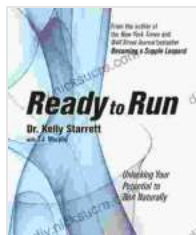


Ready to Run: Kelly Starrett's Revolutionary Approach to Running

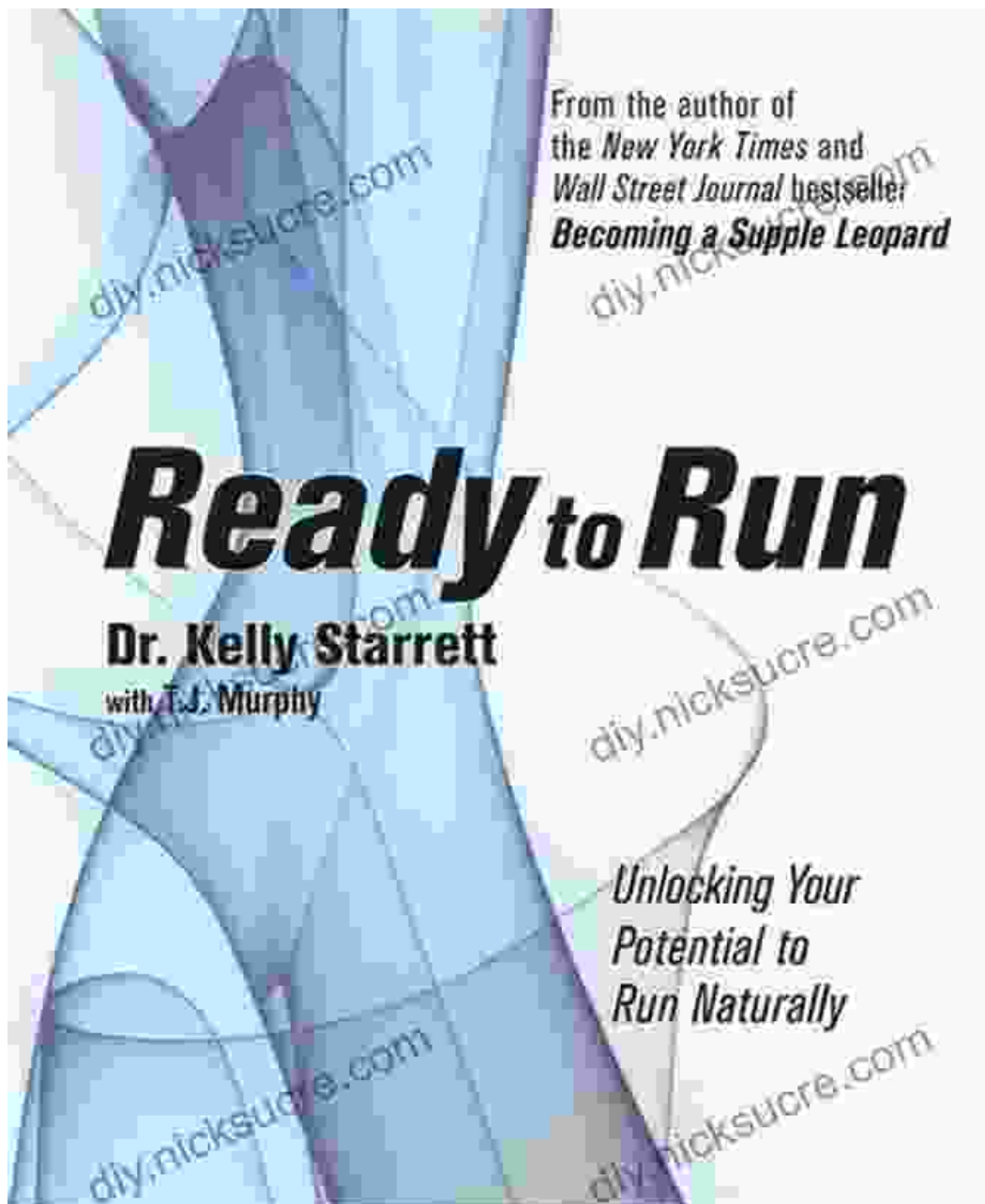


Ready To Run by Kelly Starrett

★★★★☆ 4.7 out of 5

Language : English
File size : 7868 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 292 pages





Running is a great way to get fit, but it can also be hard on your body. If you're not careful, you can easily injure yourself. That's where Kelly Starrett comes in.

Kelly Starrett is a world-renowned physical therapist and movement specialist. He's also a runner. In his book, Ready to Run, Starrett shares his

revolutionary approach to running. He believes that by moving better, you can prevent injuries and unlock your full running potential.

Moving Better

The first step to running better is to move better. This means paying attention to your posture, stride, and breathing. Starrett provides detailed instructions on how to improve each of these areas.

For example, he teaches how to:

- Stand up straight
- Walk with a natural stride
- Breathe deeply and rhythmically

By making these small changes, you can make a big difference in your running.

Preventing Injuries

Once you're moving better, you're less likely to get injured. But injuries can still happen. That's why it's important to know how to prevent them.

Starrett provides a number of tips for preventing running injuries, including:

- Warming up properly
- Cooling down properly
- Stretching regularly
- Strengthening your muscles

- Listening to your body

By following these tips, you can reduce your risk of injury and keep yourself running strong.

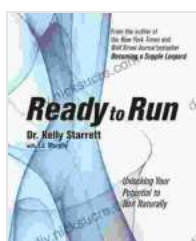
Unlocking Your Full Running Potential

If you want to reach your full running potential, you need to be able to move well and prevent injuries. But there's more to it than that. You also need to train smart.

Starrett provides a comprehensive training program that will help you improve your running speed, endurance, and strength. He also includes tips on how to recover from your runs and stay motivated.

With Ready to Run, you'll have everything you need to reach your running goals. So what are you waiting for? Start moving better, preventing injuries, and unlocking your full running potential today!

Ready to Run is a must-read for any runner. Kelly Starrett's revolutionary approach to running will help you move better, prevent injuries, and unlock your full running potential. So what are you waiting for? Get your copy of Ready to Run today!



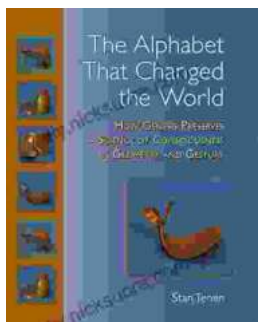
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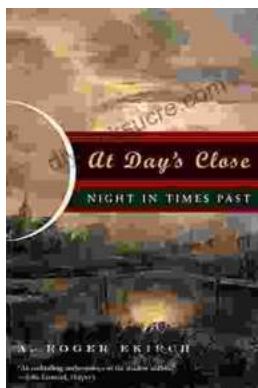
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