

<<跑步指南CHIRUNNING>>

图书基本信息

书名：<<跑步指南CHIRUNNING>>

13位ISBN编号：9780743251440

10位ISBN编号：074325144X

出版时间：2004-3-30

出版时间：Fireside

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页数：236

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内容概要

Wthan 24 million people run in the United States alone, but 65 percent will have to stop at least once this year because of injury. Still others will choose to run through the pain. But in this groundbreaking book, ultramarathoner Danny Dreyer teaches us the running technique he created to heal and prevent injuries and also to run faster, farther, and with much less effort at any age. ChiRunning employs the deep power reserves in the core muscles of the trunk,an approach that grows out of such disciplines as yoga, Pilates, and t'ai chi. This excellent step-by-step program offers training principles and is easily learned.

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