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Yachting 1998-10 run the way you were born to run every runner wants a smooth light powerful and resilient stride but there isn t one ideal form all runners should try to emulate instead research and experience show that people can run effectively in a wide variety of patterns with some universal elements in lively accessible prose author jonathan beverly details his search for common ground among physical therapists podiatrists biomechanics researchers and coaches and reveals how individual runners can apply those principles and improve their performance avoid injury and enhance their enjoyment on the run with specific illustrated exercises that show how to counteract tight muscles from excessive sitting improve limited arm mobility from hunching over electronic devices strengthen your feet for better balance and improve speed by lengthening your stride runner s world your best stride is an approachable guide to human movement and a practical tool for improved running performance

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