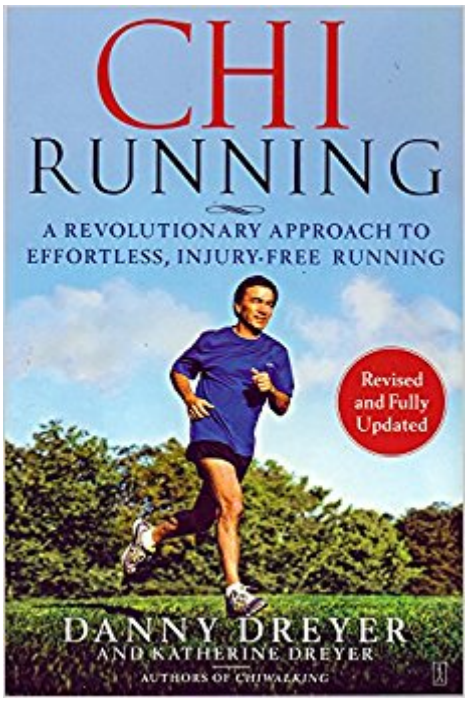
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ChiRunning: A Revolutionary Approach To Effortless, Injury-Free Running



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Synopsis

The revised edition of the bestselling ChiRunning, a groundbreaking program from ultra-marathoner and nationally-known coach Danny Dreyer, that teaches you how to run faster and farther with less effort, and to prevent and heal injuries for runners of any age or fitness level.In ChiRunning, Danny and Katherine Dreyer, well-known walking and running coaches, provide powerful insight that transforms running from a high-injury sport to a body-friendly, injury-free fitness phenomenon. ChiRunning employs the deep power reserves in the core muscles, an approach found in disciplines such as yoga, Pilates, and TÃ¢â ¬â„¢ai Chi. ChiRunning enables you to develop a personalized exercise program by blending running with the powerful mind-body principles of TÃ¢â ¬â„¢ai Chi: 1. Get aligned. Develop great posture and reduce your potential for injury while running, and make knee pain and shin splints a thing of the past. 2. Engage your core. Shift the workload from your leg muscles to your core muscles, for efficiency and speed. 3. Add relaxation to your running. Learn to focus your mind and relax your body to increase speed and distance. 4. Make it a Mindful Practice. Maintain high performance and make running a mindful, enjoyable life-long practice. 5. ItÃ¢â ¬â„¢s easy to learn. Transform your running with the ten-step ChiRunning training program.

Book Information

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Customer Reviews

Running coach/ultramarathon runner Dreyer’s (Chi Walking) program applies principles of t’ai chi to running in a "practice" akin to yoga. Three how-to sessions cover principles and techniques and

direct runners to perform specific movements; there are also guided training runs. Because this is an inherently visual, movement-based technique, it can only go so far, despite an otherwise successful adaptation to audio and the descriptive 33-page study guide. Listeners who bring open-mindedness and intention, however, will benefit from Dreyer's one-on-one lecture, which he delivers in a mellow, well-spoken voice. Recommended for all libraries.Ã¢â ¬â •Douglas C. Lord, Connecticut State Lib., Middletown Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"The most exciting and revolutionary book to hit the running community this decade." -- Toby Tanser, author of Train Hard, Win Easy"ChiRunning is the solution we've all been looking for to maintain high performance and avoid injury." -- Mark Cucuzzella, M.D., masters winner, 2008 Marine Corps Marathon (2:34)

This book really helped me out. I started running very short distances very slowly on my own. I didn't have too many problems because I was so bad at running. As I got stronger, faster, and more fit, I started having a lot of problems with my knees and achilles tendons. Mind you, I wasn't all that fast, but I was just enough faster to start putting pressure on my body in the wrong ways; I've heard its a common problem for new runners to have no problems and quickly grow into having problems.Essentially, this book is about a handful of simple good mechanics of posture and form. It took me about three runs thinking about the ideas in this book before I was running faster and longer than I was before, all with no pain. Its an easy read and an easy set of concepts to digest. Definitely recommended for the average person looking to make running work as a great and inexpensive way to get fit.

The American society is used to get things done overnight. We always want results to happen when we expect them rather than waiting on them to just happen. Chi running is not a sport, it is a practice, it is an art. There is no art in this world that can be mastered in months or a few years. If you are a goal oriented athlete or if you want to run faster pushing your body outside of its limits, this book is not for you. I consider this book to be the best work ever done to make running a pleasant and even spiritual experience. This book changed my life. Before I read it the first time I hated running...I got flat feet and a bunion on my right foot and I always had horrible pains when I tried to run, my Iliotobial band on my left leg was a nightmare and I never went faster than 13 minutes per mile. I spent hundreds of dollars in sneakers to correct my pronation and I was never

able to compete due to my issues. After I read that book everything changed I realized that all this hype about sneakers and stuff to improve your running is a scam, all I needed was some simple minimal sneakers and to start practicing the art of Chi running. So I went on and Learned the way of this book and I got amazed when I started learning the principles discovered by Danny. As soon as I started applying all the focuses required, everything started to change...no more pain!!! Since I started to practice this art in 2012, I have never had any injury and right now my pace has been evolving from 12 minutes per mile to nine minutes per mile. Just by practicing CHIrunning, with time, all my records keep improving and this year I feel that I am ready to compete in 5K and 10K races. I have no goals, I just practice and practice and practice and progress just happens with time I have lost 45 pounds and still have to lose 20 more. I believe that next year I will be able to run the marathon with a decent time...I strongly recommend this book to whoever wants to see how the power of nature can contribute to make you a better runner and to discover your inner power to accomplish many things. I just read this book for the second time and it was very refreshing!!! With patience and consistency, anyone can practice chi running and see wonderful results with time!!!

This book was recommended to me by my older sister, and I now recommend it to every person I know who says "but...I'm not a runner". Teaches technique and troubleshooting--helped me complete my first half marathon in October 2015 without my dreaded running ails (shin splints, knee pain, hip pain). I re-read it often. Copy I bought was in MINT condition.

Still learning but I had hought with my knee issue I would not be able to run again but applying these principles when I run I am pain free. Just an occasional small tweak now and then when I run and no pain after the run. I think even that will go away asI more fully apply the principles.

A very well presented theory and practice of running form that can be used by anyone seekng to run without the common pains associated with running. I purshased the kindle edition because I regularly experienced pain in my left knee when I ran, and often other muscle and tendon pulls in leg articulations. After practicing and applying some of the Chi Running techniques I have corrected enough of my running form that I have not experienced any pains while running, and even set a PR on a10km race. Still working on improving and applying the Chi Running focuses to my running. The ONLY reason I dont give a five star rating is because the Kindle edition is not the best format for this book because its difficult to go back a forward within the text, as you end up doing.

I used to say that I only ran if someone was chasing me but after learning the Chirunning technique and actually being lucky enough to go for a run with Danny Dreyer recently, I can say I enjoy running, words I never thought would fall from my lips.While the book offers many great words of wisdom, I would suggest also finding a Chirunning instructor to help refine the techniques. That said, once you understand how proper running technique should feel, the information in the book makes so much more sense. Running used to be painful for me. One might think "how hard can running be?" but when form is off - I ran like I was made of rubber bands - everything becomes a mess. Breathing is difficult, shin splints become all too prevalent, legs are sore, and injuries abound. I couldn't run more than a half mile without begging for mercy. When I found out about Chirunning, I decided to give it a go. I ran more than a mile with no pain and without being out of breath once my instructor showed me the proper alignment. It was effortless! I still got a good workout but I didn't feel like I'd been hit by a MAC truck afterward.I would recommend this book to anyone just starting out or those who have been running marathons for years but could use a bit of help with bettering times or conditioning.

There are so many different parts in the book that need to be "noted" that I think paper copy is better than the kindle so you can mark, underline, tabs, etc. It's a lot to "take in", but easy to review if marked.

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A Total-Body Fitness Plan for All Distance Runners, from Milers to UltramarathonersÃ¢â ¬â ¢Run Farther, Faster, and Injury-Free Runner's World Complete Book of Women's Running: The Best Advice to Get Started, Stay Motivated, Lose Weight, Run Injury-Free, Be Safe, and Train for Any Distance Dr. Jordan Metzl's Running Strong: The Sports Doctor's Complete Guide to Staying Healthy and Injury-Free for Life Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health) 21st Century VA Independent Study Course: Medical Care of Persons with Spinal Cord Injury, Autonomic Nervous System, Symptoms, Treatment, Related Diseases, Motor Neuron Injury, Autonomic Dysreflexia Managing Spinal Cord Injury A Guide to Living Well with Spinal Cord Injury Injury Prevention: Competencies For Unintentional Injury Prevention Professionals The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes

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