



## Bear Naked Strength Training for Distance Runners (Paperback)

By Rick Morris

Shamrock Cove Publishing, United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. As a distance runner, you love to run. You always enjoy your endurance building long runs, your stress reducing tempo workouts and your exhilarating interval training sessions. But to realize your peak potential as a distance runner, reach a top level of fitness and enjoy an injury free running life, you need more than just running. You need strong, powerful, energy producing and injury resistant muscles. You need to perform strength training as a consistent part of your training routine. Of course you would rather run than strength train, but getting in your strength workouts doesn't need to be time consuming or inconvenient. You don't need to make a special trip to the gym or purchase a lot of expensive equipment. You can do all of your strength workouts at the track, on the trail, in the park or in your own home because the strength training techniques in this book are all natural with no equipment or artificial ingredients required. These strength techniques and workouts are based upon and designed for your needs as a...



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