

Brain Training For Runners A Revolutionary New System To Improve Endurance Speed Health And Results Matt Fitzgerald

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Brain Training For Runners A

Runners of all ages, backgrounds, and skill levels can learn to maximize their performance by supplying the brain with the right feedback. Based on Fitzgerald's eight-point brain training system, this book will help runners: - Resist running fatigue - Use cross-training as brain training - Master the art of pacing - Learn to run "in the zone"

Brain Training for Runners: A Revolutionary New Training ...

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Based on new research in exercise physiology, author and running expert Matt Fitzgerald introduces a first-of-its-kind training strategy that he's named "Brain Training." Runners of all ages, backgrounds, and skill levels can learn to maximize their performance by supplying the brain with the right feedback.

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The two-part book begins with a well thought out presentation of the brain-training system applicable to runners of all experience levels. Fitzgerald's motto, "train the brain and the rest will follow," explains how the main goal of brain-training is to develop a heightened awareness for feedback from the running experience to increase maximal capacity, efficiency of stride and injury-prevention.

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