



Run Barefoot Run Healthy: Less Pain More Gain for Runners Over 30

By Ashish Mukharji

Heterodox. Paperback. Condition: New. 190 pages. Dimensions: 9.0in. x 6.0in. x 0.5in.Barefoot running is the hottest trend in athletics today, spurred by the bestselling Born to Run, and the subsequent popularity of Vibram Five Fingers toe shoes. Should you do it And how do you start With a focus on injury prevention for middle-of-the pack runners, this easy to read why and how of barefoot running opens with the authors own transformation from barefoot skeptic to barefoot marathoner, and draws from 100 years of scientific research on barefooting, as well as interviews with podiatrists and with barefoot running moms and dads across America. Are a womans bare feet rough . . . or are they prettier, free of bunions and hammer toes (Hear from women who have made the switch.) Does shoe cushioning prevent knee and back pain . . . or cause it (Read the true tales, and the research.) Are bare feet unhygienic . . . or cleaner The answers may surprise you. If you run with pain, or if fear of injury keeps you biking or swimming when youd really rather be running: this book is for you. This item ships from multiple locations. Your...



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