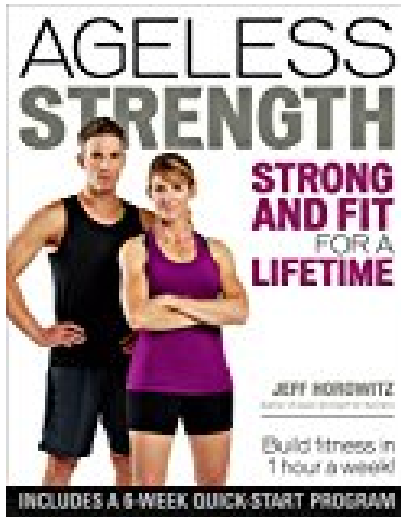


Ageless Strength Strong and Fit for a Lifetime



BOOK DETAILS

- Author : Jeff Horowitz
- Pages : 208 Pages
- Publisher : VeloPress
- Language : English
- ISBN : 193771571X



BOOK SYNOPSIS

Quick Strength for Runners offers a smart, fast-paced strength training program for runners who want to run faster and with fewer injuries. In under an hour a week, runners will strengthen their core and key running muscles to build a better runners body. Strength training is crucial to better running and injury prevention. But its difficult to know which exercises work best for runners or to get motivated to hit the gym. In Quick Strength for Runners, running coach and personal trainer Jeff Horowitz simplifies strength training into just two 20-minute workouts per week, with no gym or pricey equipment required. Designed specifically for runners, the Quick Strength program pinpoints the exercises that really work. Inside youll find:

- A guide to how strength training leads to better running form and fitness
- 40 targeted exercises, with step-by-step photos and clear instructions
- Progressive workouts and advanced form options to increase strength as fitness improves
- A focused and efficient 8-week strength training program
- Tips on designing your own long-term workout program for a lifetime of fitness

Quick Strength for Runners makes it easy for runners to build a better runners body. This highly effective, easy-to-implement program will make you a stronger, faster runner in under an hour a week so you can stay on the road or trail.

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