Programmed to Run: Develop Elite RunningRacing Biomechanical and Mental Skills, Regardless of Age, Gender, or Body Type.

By Thomas S. Miller Phd

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 172 pages. Dimensions: 10.0in. x 7.9in. x 0.5in.As a novice 65 years old in his first year of running, our cover runner, John Cahill came to Dr. Miller to learn the physical and mental skills he needed to race a marathon. At 66 in his first marathon he ran a 3: 04. At 72, he ran the same marathon in 3: 05. As he approached 80, he was still running sub-4hr marathons. Now, in his early 90s, John typically runs a 5K nearly every weekend when he is not traveling around the world. In PROGRAMMED TO RUN, Dr. Miller shares how he developed the concepts that led to Johns success and countless other runners. Simply put, your runningracing potential is grounded in your biomechanical and attentional skills, which are intimately related. This book is a guide for the self-coached runner -regardless of sex, age, body type, or ethnicity - to assess, refine, and program optimal running and racing skills, which, as demonstrated by John, can last a lifetime. This book will guide you in programming your mind and body to run with the physical and mental skills that...

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Reviews

This is the very best publication i actually have read until now. It really is packed with knowledge and wisdom I am happy to let you know that this is the very best publication i actually have read in my very own existence and could be he greatest pdf for ever.
-- Dr. Nelda Schuppe

It is great and fantastic. I have go through and i am sure that i will likely to study again once again later on. I am just easily could possibly get a enjoyment of looking at a published book.
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