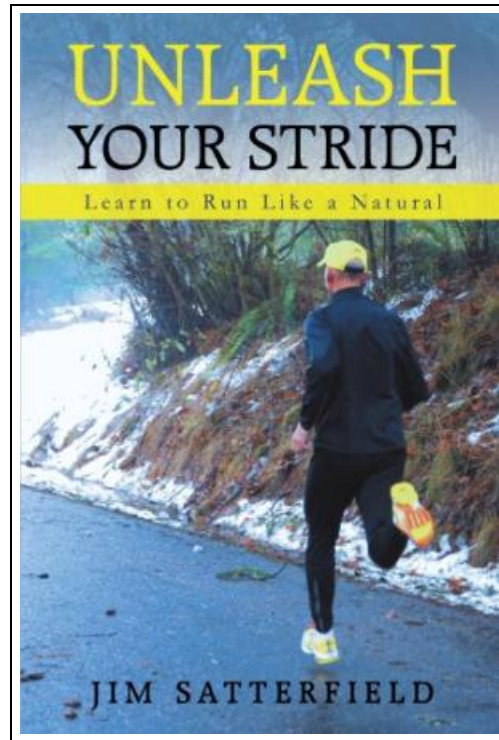


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UNLEASH YOUR STRIDE: LEARN TO RUN LIKE A NATURAL (PAPERBACK)



To download **Unleash Your Stride: Learn to Run Like a Natural (Paperback)** eBook, remember to follow the button below and download the file or have access to other information that are highly relevant to UNLEASH YOUR STRIDE: LEARN TO RUN LIKE A NATURAL (PAPERBACK) ebook.

iUniverse, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. All runners should have a fundamentally sound stride, yet few runners seem to find one on their own. After more than fifty years of studying and experimenting, competitive runner Jim Satterfield shares his method of how he has taught countless others to run like a natural, ultimately improving their stride and their enjoyment of running. As an athlete and coach, Satterfield combines his competitive and personal running experiences in order to provide a unique series of lessons that teach other runners how to master the fundamentals of correct running movements and eliminate the movements that slow them down. Satterfield includes various exercises and routines that will help runners find their best stride, use their core muscles, and make their workouts more efficient while specifically teaching runners how to: Develop a warm-up routine that mimics movements used in running Build strength and flexibility around the core Locate and harness power in a stride Run with a better form that takes advantage of body type and laws of physics Satterfield provides the expert guidance and motivation that will lead runners of all experience levels to unleash their stride and cross the finish line feeling like a winner.



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