

"The Everyday Runner's Guide to Avoiding Injury, Ignoring the Clock, and Loving the Run"



Run to the Finish: The Everyday Runner's Guide to Avoiding Injury, Ignoring the Clock, and Loving the Run

by Amanda Brooks

★★★★☆ 4.9 out of 5

Language : English
File size : 4493 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 255 pages



Are you an everyday runner who wants to avoid injuries, ignore the clock, and just enjoy the run? This guide is for you!

With expert advice, practical tips, and inspiring stories, this book will help you become a happier, healthier, and more fulfilled runner.

In "The Everyday Runner's Guide to Avoiding Injury, Ignoring the Clock, and Loving the Run," Dr. Jordan Metzl, a leading sports medicine physician and runner himself, shares his secrets for staying healthy and injury-free while enjoying the run. Dr. Metzl's advice is based on the latest scientific research and his own decades of experience working with runners of all levels.

In this book, you'll learn how to:

- Avoid common running injuries
- Listen to your body and run pain-free
- Ignore the clock and focus on enjoying the run
- Stay motivated and make running a part of your life

Whether you're a beginner or an experienced runner, "The Everyday Runner's Guide to Avoiding Injury, Ignoring the Clock, and Loving the Run" will help you take your running to the next level.

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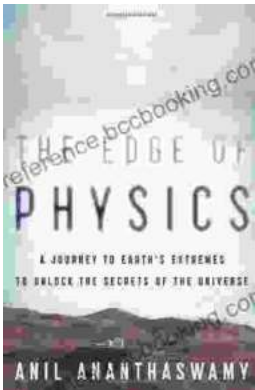
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