



Trail Running: The Complete Guide

Jeff Galloway

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Get off the pavement and discover the joy of running in nature. If you want to experience the real freedom of running in natural surroundings and if the ever repeating runs in the streets start to bore you, trail running is the right way to improve your running experience. Running Guru Jeff Galloway offers his own approach of getting started with his unique way of guaranteeing an injury free running style.

More than 30 chapters cover everything from choosing the right shoes and best trails to injury prevention, injury troubleshooting, diet, improving speed, mental training, and much more. Beginners and seasoned runners will appreciate the section on Jeff's Run-Walk-Run® method. Advanced runners can use a specialized training program which will help them against overtraining, injuries, and other calamities you can encounter during intense training sessions. The book covers a wide range of trail running equipment too. If you want to jumpstart your trail run, or just incorporate trail running into your regular schedule this is your complete guide.

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