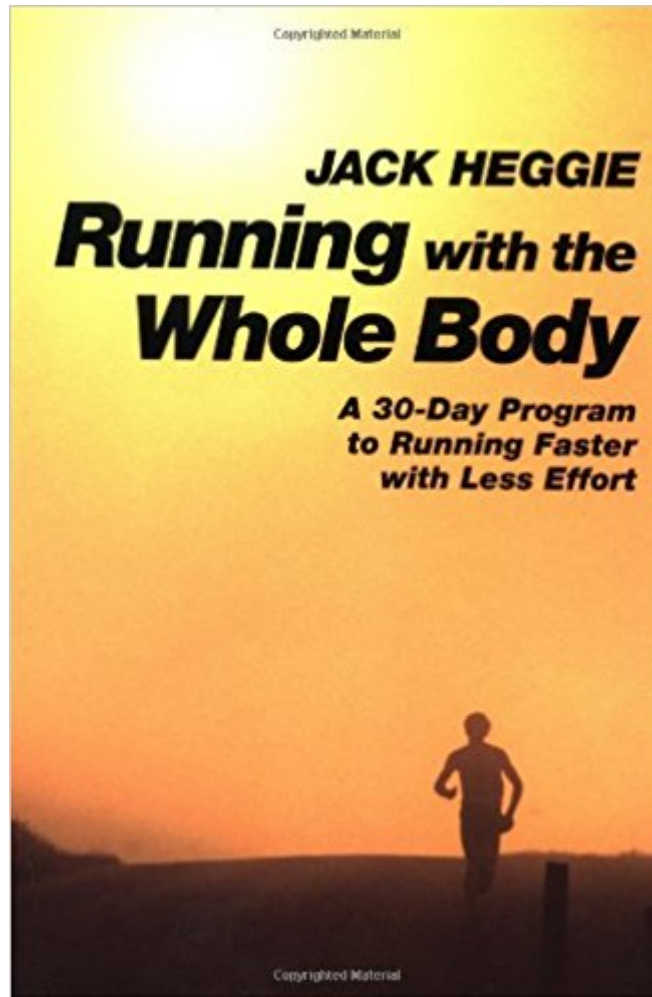


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# Running With The Whole Body: A 30-Day Program To Running Faster With Less Effort



## Synopsis

In *Running with the Whole Body*, Heggie proposes a thirty-day exercise program that will not only prevent you from injuring yourself in a new way, but enable you to become a smoother, and more powerful runner. The exercises presented isolate the workings of the various parts of the body to show how each part of the body balances and works in concert with the others. The result is a body whose torso, hips, pelvis and shoulders all move freely in the act of running. You will discover how to unleash the power of the large, strong muscles of the hips, spine and shoulders to power your running.

## Book Information

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Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (12 customer reviews)

Best Sellers Rank: #181,012 in Books (See Top 100 in Books) #50 in Â Books > Sports & Outdoors > Other Team Sports > Track & Field #362 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #1704 in Â Books > Sports & Outdoors > Individual Sports

## Customer Reviews

Background: Former triathlete, ran up to 70 miles per week, slowed by injury and work. Previously purchased and read "ChiRunning", "The Art of Running" (an Alexander Technique approach), and reviewed what was available on the Pose Method website and the Evolution Running website, all prior to purchasing this book. Book was purchased after reviewing the first 1 or 2 chapters available free on Google books, which I would recommend doing. The resources above take two very different approaches. Painting in broad strokes, Chi Running, Pose, and Evolution Running (hereafter called Group 1) approach running as a series of drills that should be done until automatic, with an emphasis on footstrike directly in line with the axis of the body and a forward lean for propulsion. The Alexander Technique and the current book, which uses the Feldenkrais method (hereafter, Group 2), both focus on sensing how your body moves in space, and using this newfound awareness to help your technique. Further, "Running with the Whole Body" emphasizes a

connection between shoulder rotation and hip rotation that is profoundly different than the overall techniques in Group 1. The technique espoused in this book would be referred to as "power running" by the authors in Group 1. I had 10-12 months experience with Group 1 methods prior to reading this book. The advantage of this book (and the difference between this and the Alexander book) is the focus on sensing how your body moves in space. The Alexander book did mention this, but I felt that they gave a very simplistic overview and then said: "you can't really learn until you come to us and get a personal, one-on-one lesson." That is, pay \$\$\$ and we'll help.

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