

Brain Training For Runners A Revolutionary New System To Improve Endurance Speed Health And Results Matt Fitzgerald

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Brain Training For Runners A

Runners of all ages, backgrounds, and skill levels can learn to maximize their performance by supplying the brain with the right feedback. Based on Fitzgerald's eight-point brain training system, this book will help runners: - Resist running fatigue - Use cross-training as brain training - Master the art of pacing - Learn to run "in the zone"

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Based on Fitzgerald's eight-point brain training system, this book will help runners: - Resist running fatigue - Use cross-training as brain training - Master the art of pacing - Learn to run "in the zone" - Outsmart injuries - Fuel the brain for maximum performance - And more Packed with cutting-edge research, real-world examples, and the wisdom of the world's top distance runners, Brain Training for Runners offers easily applied advice and delivers practical results for a better overall ...

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Brain Training For Runners by Matt Fitzgerald Forget what the scientists say about ensuring you're hydrated enough before you start your marathon, don't waste your time adhering to a strict problem when you're feeling like crap, and try running in the simplest shoes you can find to avoid running related injuries - these are just...

Brain Training for Runners - Running Candid

The two-part book begins with a well thought out presentation of the brain-training system applicable to runners of all experience levels. Fitzgerald's motto, "train the brain and the rest will follow," explains how the main goal of brain-training is to develop a heightened awareness for feedback from the running experience to increase maximal capacity, efficiency of stride and injury-prevention.

Book Review: Brain Training for Runners | ACTIVE

So a few researchers scattered around the globe have begun testing methods of harnessing the brain's power: zapping it with electric current, modifying the activity of certain brain regions, or...

How to Build Mental Muscle | Runner's World

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Brain Training For Runners : A Revolutionary New Training ...

Running faster is about training smarter not harder, according to the pro running team's assistant coach and head strength trainer Chris Lee. ... Our brain-body connection is so strong, it's ...

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