



The Runner's Guide to Yoga: A Practical Approach to Building Strength and Flexibility for Better Running (The Athlete's Guide)

Sage Rountree

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Yoga will make you a better runner.

Millions of runners practice yoga daily because it cuts injuries and leads to more fluid, enjoyable running. In *The Runner's Guide to Yoga*, Sage Rountree--America's leading expert on yoga for athletes--shows you the poses and practices for stronger, healthier running.

Filled with color photographs, clear instruction, and easy-to-follow routines, *The Runner's Guide to Yoga* offers simple ways to make yoga a part of your everyday training, even if you have never set foot in a yoga studio. This practical guide highlights the routines that ease tightness in the hamstrings and hips, strengthen the core, build strength and flexibility throughout your body, and speed recovery from minor injuries.

Rountree highlights over 100 key poses modeled by real runners and includes focused routines as well as key pre- and post-race yoga sequences. *The Runner's Guide to Yoga* will complement your running every day, all season long.

Discover how yoga can improve your running with

- Dynamic warm-ups and cooldowns for your workouts
- Poses that target typical trouble spots, such as hips, calves, and hamstrings
- Self-tests to determine areas of weakness or imbalance
- Breath and meditation exercises to sharpen mental focus

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The actual book The Runner's Guide to Yoga: A Practical Approach to Building Strength and Flexibility for Better Running (The Athlete's Guide) has a lot of knowledge on it. So when you check out this book you can get a lot of gain. The book was published by the very famous author. This articles author makes some research ahead of write this book. This specific book very easy to read you may get the point easily after perusing this book.

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The Runner's Guide to Yoga: A Practical Approach to Building Strength and Flexibility for Better Running (The Athlete's Guide) can be one of your starter books that are good idea. We all recommend that straight away because this guide has good vocabulary that will increase your knowledge in words, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort to put every word into enjoyment arrangement in writing The Runner's Guide to Yoga: A Practical Approach to Building Strength and Flexibility for Better Running (The Athlete's Guide) however doesn't forget the main level, giving the reader the hottest along with based confirm resource information that maybe you can be among it. This great information can drawn you into fresh stage of crucial thinking.

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