

Barefoot Running Step By Step Barefoot Ken Bob The Guru Of Shoeless Running Shares His Personal T

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Be a Better Runner Sally Edwards 2011-04-01 Written by marathoner and Triathlon Hall of Fame inductee, Sally Edwards, Be A Better Runner addresses every possible concern from posture and form to nutrition, footwear and race strategy. You'll learn how to adapt running mechanics such as stride and pacing to your body type and fitness level while specific training regimens prepare you for any type of running event including sprints, distance runs, and marathons. Co-authored with Carl Foster, the former President of the American College of Sports Medicine, Be A Better Runner Every features the latest research in the science of running. You'll learn the latest strategies to boost your performance, train more effectively, and aid post-workout recovery. The latest research on special concerns such as running after age 40, during pregnancy, overtraining in younger runners and preventing amenorrhoea in female distance runners is also highlighted.

Bike for Life Roy M. Wallack 2015-03-10 Do You Want to Ride to 100—and Beyond? BIKE FOR LIFE! Now with training plans, worldwide adventures, and more than 200 photos Ride a century when you turn a century: that was the promise Bike for Life offered when it was first published. A decade later, this blueprint for using cycling to achieve exceptional longevity, fitness, and overall well-being has helped tens of thousands of cyclists to ride longer and stronger. Now, nationally-known fitness journalist and lifelong endurance road and mountain biker Roy M. Wallack builds upon his comprehensive Bike for Life plan with even more practical tips and strategies to keep you riding to 100—and beyond. Fully updated, revised, and illustrated, Bike for Life features: - Cutting-edge workout strategies for achieving best-ever fitness at any age - Science-based 8- and 16-week Century training schedules - A radical new workout method that'll make you fly up the hills - An anti-aging

plan to revive muscularity, strength, and reaction time - An exclusive 10-step Yoga for Cyclists routine - Strategies to fix "cyclist's knee" and "biker's back" - Advice on avoiding cycling-related impotence and osteoporosis - Ways to survive mountain lions, bike-jackers, poison ivy, and headwinds - Handling skills and bike-fit advice from famous coaches - Tips on staying motivated with worldwide adventures and challenges - The Bike for Life hall of fame: stories of amazing riders in their 60s, 70s, 80s, and up With oral-history interviews and profiles of the biggest names of the sport, including: John Howard, Gary Fisher, Rebecca Rusch, Ned Overend, Tinker Juarez, Juli Furtado, Marla Streb, Missy Giove, Johnny G, Eddie B, Mike Sinyard, and Rich "The Reverend" White.

De moed van imperfectie Brené Brown 2013-10-08 Brené Brown beschrijft in De moed van imperfectie hoe moed, compassie en verbondenheid een belangrijke plek in je leven kunnen krijgen. Op basis van haar jarenlange studie kwam ze tot tien stellingen over een `bezielde leven : leven vanuit het gevoel dat je de moeite waard bent. Op haar eigen, eerlijke, warme en grappige manier moedigt ze de lezer aan om perfectionisme te laten varen, stress als leefstijl los te laten, te vertrouwen op intuïtie en creativiteit de ruimte te geven. Dit boek gaat over de levenslange reis van `Wat zullen anderen wel niet denken? naar `Ik ben goed genoeg . `Brené Brown pakt moedig alle duistere emoties aan die de weg naar een voller leven belemmeren. Lees dit boek en wordt aangestoken door haar moed. Daniel H. Pink 'Mijn nieuwe Super Soulmate. Oprah Winfrey

Fixing Your Feet John Vonhof 2016-08-02

De kracht van kwetsbaarheid Brené Brown 2016-02-23 Brené Brown beschrijft in haar boek wat het betekent om je kwetsbaar op te stellen in een wereld die gericht is op perfectionisme en het nemen van risico's zonder dat succes gegarandeerd is. Of het nu om werk, relaties of opvoeding gaat: het is eng en moeilijk om je kwetsbaar op te stellen, maar het is nog veel moeilijker om het niet te doen en jezelf af te blijven vragen: wat als ik het wel had geprobeerd? We verwachten van onszelf en van anderen dat we elke dag de schijn ophouden om anderen te laten zien hoe goed we alles voor elkaar hebben. Kwetsbaarheid is een emotie waar bijna niemand zich prettig bij voelt. We associëren het met onzekerheid en risico's. Toch zegt Brené Brown dat juist kwetsbaarheid de basis is van alle mooie dingen in het leven als liefde, vertrouwen en vreugde. Ze moedigt de lezer in De kracht van kwetsbaarheid aan om perfectionisme te laten varen, kwetsbaarheid en te omarmen en uitdagingen aan te gaan.

The Barefoot Running Book Jason Robillard 2012-08-28 For readers of Born to Run by Christopher McDougall, The Barefoot Running Book lends practical advice on the minimalist running phenomenon Ditch those cushiony running shoes—they're holding you back and hurting your feet! You've heard about barefoot running and how it can reduce injury and allow for better form. Maybe you've even tried it and learned how shedding those heavy, overly- manufactured shoes can make running more enjoyable. Regardless of your expertise level, Jason Robillard—a leading expert on barefoot running education and director of the Barefoot Running University—synthesizes the latest research to ease you from barefoot walking to slow running to competitive and trail running vis-à-vis simple drills, training plans, and useful hints from fellow barefoot runners. Practical, easy-to-follow, and illustrated with black-and-white photographs throughout, The Barefoot Running Book shows how everyone can transition to barefoot and minimalist shoe running—safely and optimally.

The Barefoot Running Book Deluxe Jason Robillard 2012-08-28 This Deluxe eBook edition of The Barefoot Running Book includes 29 videos demonstrating techniques and exercises to help you learn how to master barefoot running. Ditch those cushiony running shoes—they're holding you back and hurting your feet! You've heard about barefoot running and how it can reduce injury and allow for better form. Maybe you've even tried it and learned how shedding those heavy, overly- manufactured shoes can make running more enjoyable. Regardless of your expertise

level, Jason Robillard—a leading expert on barefoot running education and director of the Barefoot Running University—synthesizes the latest research to ease you from barefoot walking to slow running to competitive and trail running vis-à-vis simple drills, training plans, and useful hints from fellow barefoot runners. Practical, easy-to-follow, and illustrated with black-and-white photographs and helpful videos throughout, The Barefoot Running Book shows how everyone can transition to barefoot and minimalist shoe running—safely and optimally.

Het verhaal van het menselijk lichaam Daniel Lieberman 2014-06-25 Daniel Lieberman onderzoekt de grote transformaties die ons lichaam gedurende miljoenen jaren onderging: het ontstaan van de tweevoeter, de overgang naar een voedselpatroon dat uit meer dan fruit bestond, de ontwikkeling van ons uitzonderlijk grote brein en ons atletische vermogen. Ons hoofd, onze ledematen, onze stofwisseling, geen deel van het lichaam blijft onbesproken. Continue adaptaties brachten ons veel voordeel, maar creëerden een omgeving waartegen ons lichaam niet bestand is, met als resultaat vermijdbare ziektes zoals obesitas en diabetes type 2. Lieberman noemt dit `dysevolutie : we leven steeds langer, maar zijn vaker chronisch ziek. Met Darwin als leidraad propageert hij een gezondere leefomgeving, voor ons eigen bestwil.

Een leven in stukken Bryan Cranston 2017-05-06 Bryan Cranston, de man die beroemd werd als Walter White uit Breaking Bad, speelde zijn eerste rol als zevenjarige in een reclamespot. Met zijn oudere broer speelde hij hele scènes na uit films die ze in de plaatselijke bioscoop zagen. Tot zijn vader spoorloos verdween. Acteren werd aan de kant geschoven, misschien in een onbewuste poging om los te komen van zijn afwezige vader. Hij werd politieagent. Tot hij op een dag, tijdens een roadtrip, het licht zag en oog in oog stond met zijn authentieke roeping. Acteren: dat was wat hij met zijn leven wilde doen. Met veel humor en een bijzondere nederigheid is Cranston de chroniqueur van zijn onwaarschijnlijke opgang van soapacteur tot wereldster. Geen onderwerp gaat hij uit de weg, zoals weinigen dat durven. Cranston heeft veel te zeggen over aangeboren talent, over de voordelen, de nadelen en het onderhoud ervan. Uiteindelijk gaat Een leven in stukken over de noodzaak en de kracht van hard werken.

1,001 Pearls of Runners' Wisdom Bill Katovsky 2012-06-01 Within these pages, runners will find a wealth of knowledge, expertise, and even a little humor to encourage them in their sport. But whether comical or serious, the quotes contained here represent the finest writing and wisdom on running. Geared towards everyone from the long-distance enthusiast to the relative or friend of one, the musings collected are poignant, sentimental, and amazing. 1,001 Pearls of Runners' Wisdom covers a wide swath of topics, ranging from training to coaching to marathons to shoes to diet, and even barefoot or natural running, a new trend inspired by Christopher McDougall's national bestseller, Born to Run. "I started the Boston Marathon as a 20-year-old girl, and came out the other end a grown woman." —Kathrine Switzer "It has been said that the love of the chase is an inherent delight in man—a relic of an instinctive passion." —Charles Darwin "A lot of people run a race to see who's the fastest. I run to see who has the most guts." —Steve Prefontaine "Don't worry, everyone slows over time." —Bill Rodgers "There's nary an animal alive that can outrun a greased Scotsman." —Groundskeeper Willy, from The Simpsons "Speed is sex ... distance is love." —David Blaike, Canadian ultrarunner "Gazelles run when they're pregnant. Why should it be any different for women??" —Joan Ulyot, M.D. "I'm afraid the reason so many new runners quit is because they never get past the point of feeling like they have to run." —John Bingham "Run softly by imagining a helium balloon attached to your head." —Lieutenant Colonel (Dr.) Dan Kuland, U.S. Air Force Chief of Health Promotion "Motivation is what gets you started. Habit is what keeps you going." —Jim Ryun "They were the lightest shoes I could find." —Ron Hill, elite British long-distance runner, on why he ran barefoot "People [say to] me after a race, 'I get so many blisters from shoes, if I run barefoot, it's going to be worse.' And I say, 'Well that's why I stopped wearing shoes because I got tired of getting blisters.'" —Ken Bob Saxton, aka "Barefoot Ken Bob," has run 76 marathons, 75 of them shoeless, since 1997 "The mile has all the elements of drama." —Roger Bannister "Anything worth doing is going to be

difficult." —Fauja Singh, 100 years old, after finishing the 2011 Toronto Marathon in 8:25 "One cannot run away from his behind." —African proverb

Warhorse Michael Morpurgo 2011 Joey (ik-figuur) is het paard van Albert. Hij wordt verkocht en raakt als soldatenpaard verzeild in de Eerste Wereldoorlog.

Train Like a Mother Dimity McDowell 2012-03-20 At its core, Train Like a Mother comprehensively covers how to train for a race, including training plans for four race distances (5K, 10K, half-marathon, and marathon) for both beginner and more experienced runners; the importance of recovery; pre- and post-race nutrition; strength training; injury prevention (and rehab); and everything busy women need to know to add racing to their multitasking schedules. It is all presented with the same wit, empathy, and tone the avid fans connect and identify with. The book is divided into 13.1 chapters—the distance of a half-marathon, the sweet spot for many mother runners—narrated by both Sarah and Dimity. Like the first book, Train Like a Mother chapters have plenty of sidebars, including Practical Motherly Advice (helpful information about training- and race-related advice), Take It from a Mother (advice and answers from the growing tribe of running moms), and Racy Talk (entertaining, race-related stories from the authors and other moms). The .1 sections are entertaining "commercial breaks" celebrating the sport of running and the added thrill of racing.

Exercised Daniel Lieberman 2020-09-03 'Endlessly fascinating and full of surprises. Easily one of my books of the year' BILL BRYSON The myth-busting science behind our modern attitudes to exercise: what our bodies really need, why it matters, and its effects on health and wellbeing. In industrialized nations, our sedentary lifestyles have contributed to skyrocketing rates of obesity and diseases like diabetes. A key remedy, we are told, is exercise - voluntary physical activity for the sake of health. However, most of us struggle to stay fit, and our attitudes to exercise are plagued by misconceptions, finger-pointing and anxiety. But, as Daniel Lieberman shows in Exercised, the first book of its kind by a leading scientific expert, we never evolved to exercise. We are hardwired for moderate exertion throughout each day, not triathlons or treadmills. Drawing on over a decade of high-level scientific research and eye-opening insights from evolutionary biology and anthropology, Lieberman explains precisely how exercise can promote health; debunks persistent myths about sitting, speed, strength and endurance; and points the way towards more enjoyable and physically active living in the modern world. 'Myth-busting, illuminating, brilliant - Lieberman will completely change the way you think about your body' Professor ALICE ROBERTS, presenter of Our Incredible Human Journey Awkward Ty Tashiro 2018-03-06 Spinazie tussen je tanden bij een formele lunch, een zoen die op een mond belandt, over iemand praten terwijl hij achter je staat of een glas wijn omgooien tijdens een date – ongemakkelijke momenten kennen we allemaal. Bij twintig procent van de mensen wijkt het gedrag echter vaak af van de sociale norm omdat ze sociale signalen niet oppikken en de vaardigheden die nodig zijn voor soepel verlopende sociale contacten niet onder de knie krijgen. Zij lijden aan chronische awkwardness, sociale onhandigheid. Ty Tashiro beschrijft hoe je dankzij de eigenschappen die je sociaal onhandig maken juist buitengewone prestaties kunt leveren – mensen met awkwardness zijn vaak bijzonder getalenteerd.

The Barefoot Running Book Second Edition: A Practical Guide to the Art and Science of Barefoot and Minimalist Shoe Running 2010 The Barefoot Running Book (second edition) provides expert advice for new and experienced runners interested in making the transition to barefoot or minimalist shoe running. Why? Because runners find shedding their heavy, overly-cushioned shoes provides a more enjoyable running experience while reducing injury and allowing better form. Jason Ribald uses a combination of research, collaboration, and his own experiences to bring the latest methods for making a safe, enjoyable transition to barefoot or minimalist shoe running. This new expanded second edition

includes training plans, information on ultramarathons, photos, tested running tips and helpful hints. Includes contributions from top barefoot runners and experts including Barefoot Ted McDonald, Barefoot Rick Roeber, Dr. Daniel Lieberman, Dr. Michael Nirenberg, Dr. Mark Cucuzzella, Dr. Scott Hadley, Dr. Joseph Froncioni, and many more.

Hardlopen met Sherman Christopher McDougall 2020-03-02 Toen Christopher McDougall een ezel adopteerde, dacht hij dat het dier in een veld zou staan, er schattig uit zou zien en wortels zou eten. Maar Sherman was doordat hij werd verwaarloosd in zo'n slechte staat dat hij amper kon bewegen. Hij was bovendien slechtgehumerd en obstinaat. Om niet alleen fysiek, maar ook mentaal te genezen, geeft Chris hen op voor een Burro Race, een uniek soort race waarin mensen en ezels samen over bergen en door beken rennen. Wat Sherman er aan vertrouwen en zingeving mee wint, is iets wat ieder mens goed doet: meer natuur, meer buitenlucht en meer beweging.

Long May You Run Chris Cooper 2010-10-19 You are a runner. You know how hard it is to make time to run. So you go out at 5:30 a.m. . . . in the rain. You remember every strain, sprain, ache, and pain you've ever felt. You ran through it then. You'll run through it now. You have great runs. You have not-so-great runs. You run fast. You run slow. You race for a personal best. You race just for fun. This is your time. This is your run. This is your book. LONG MAY YOU RUN all. things. running. Learn how to win a race even when you finish last; the ten "destination" runs every runner should experience; what to do with your old running shoes; why listening to the right song may help you run faster; and how to run across the United States without leaving home. Featuring can't-miss races, must-run places, tips, tricks, and words of advice and encouragement from some of the top runners today, including: Brian Sell, Bart Yasso, Colleen De Reuck, Nathan Brannen, Jeff Galloway, Suzy Favor Hamilton, Don Kardong, and many more!

Born to Run Christopher McDougall 2010-12-09 At the heart of Born to Run lies a mysterious tribe of Mexican Indians, the Tarahumara, who live quietly in canyons and are reputed to be the best distance runners in the world; in 1993, one of them, aged 57, came first in a prestigious 100-mile race wearing a toga and sandals. A small group of the world's top ultra-runners (and the awe-inspiring author) make the treacherous journey into the canyons to try to learn the tribe's secrets and then take them on over a course 50 miles long. With incredible energy and smart observation, McDougall tells this story while asking what the secrets are to being an incredible runner. Travelling to labs at Harvard, Nike, and elsewhere, he comes across an incredible cast of characters, including the woman who recently broke the world record for 100 miles and for her encore ran a 2:50 marathon in a bikini, pausing to down a beer at the 20 mile mark.

Chinese Gong Fu R.F. Gonzalez 2019-09-25 Gong fu, the indigenous martial art of China, was exported into American popular culture through numerous "kung fu" movies in the 20th century. Perhaps the most renowned of the martial arts in the U.S., gong fu remains often misunderstood, perhaps because of its esoteric practices that include aspects of Daoism, Confucianism, Buddhism and other syncretic elements. Using the science of embodiment--the study of the interaction between body, mind, cognition, behavior and environment--this book explores the relationships among practitioner, praxis, spirituality, philosophy and the body in gong fu. Drawing on familiar routines, films, artifacts and art, the author connects the reader to ancient Chinese culture, philosophy, myth, shamanism and ritual.

Durf te leiden Brené Brown 2019-02-12 Brené Brown heeft de afgelopen twintig jaar onderzoek gedaan naar de emoties en ervaringen die betekenis geven aan ons leven, en werkte de afgelopen zeven jaar nauw samen met leiders en cultuurveranderaars over de hele wereld. Ze ontdekte dat allerlei bedrijfstakken, van kleine start-ups tot Fortune 50-bedrijven, met dezelfde vraag worstelen: 'Hoe ontwikkelen we moediger leiders en hoe verankeren we moed en durf in onze bedrijfscultuur?' In dit nieuwe boek combineert Brené haar onderzoeksresultaten met

persoonlijke verhalen en voorbeelden om deze vraag te beantwoorden. Durf te leiden gaat over echt leiderschap: vanuit het hart en vol moed.

Chi Marathon Danny Dreyer 2012-03-13 From the authors of the bestselling Chi Running, a game-changing training guide for injury-free long distance running. In Chi Marathon, Danny Dreyer, creator of the revolutionary ChiRunning program, highly respected running coach, and accomplished distance runner, takes a whole-body approach to long-distance running—much like Tai Chi—making ease and efficiency of movement the prime goal of one's training. Chi Marathon is the first book to focus not on building stamina first (though that is covered here) but on how to run all those miles without harming your body. A staggering 80 to 90 percent of marathoners face injuries during their training. This book debunks the myth that marathoners need to push through and beyond pain, and presents a technique-based plan for pain- and injury-free, high-performance half and full marathons. Chi Marathon also shows how to improve your performance by developing your own race-specific training plan tailored to your event, and will help you cross the finish line feeling strong no matter your age, body type, or running ability. -Run a marathon or half marathon free of pain and injury -Transform your racing with the training triad: form, conditioning, and mastery -Tap into your chi, an energy source more powerful and enduring than muscles -Teach your mind and body to work together as a team and master your event This is the book that distance runners have been waiting for. With Chi Marathon you can enjoy the run and feel confident no matter the distance. Runner's World 2005

Running Snob Kevin Nelson 2017-04-03 A book for runners, marathoners, and joggers! Runners will enjoy this fun and lighthearted look at running enthusiasts who, of course, resemble them in many ways. This is both a send-up of runners and an affirmation of certain aspects of the running life. While laughing at this satire of the habits, attitudes and lifestyle of runners, they are laughing at themselves and also getting solid advice and tips on the activity they love. It includes chapters on: The Community of Running The Runner's Life Chasing the Dream and more!

The Paleo Manifesto John Durant 2013-09-17 In The Paleo Manifesto: Ancient Wisdom for Lifelong Health, John Durant argues for an evolutionary – and revolutionary – approach to health. All animals, human or otherwise, thrive when they mimic key elements of life in their natural habitat. From diet to movement to sleep, this evolutionary perspective sheds light on some of our most pressing health concerns. What is causing the rise of chronic conditions, such as obesity, diabetes, and depression? Is eating red meat going to kill you? Is avoiding the sun actually the best way to avoid skin cancer? Durant takes readers on a thrilling ride to the Paleolithic and beyond, unlocking the health secrets of our ancient ancestors. What do obese gorillas teach us about weight loss? How can Paleolithic skulls contain beautiful sets of teeth? Why is the Bible so obsessed with hygiene? What do NASA astronauts teach us about getting a good night's sleep? And how are Silicon Valley techies hacking the human body? Blending science and culture, anthropology and philosophy, John Durant distills the lessons from his adventures and shows how to apply them to day-to-day life, teaching people how to construct their own personal "habitat" that will enable them to thrive. The book doesn't just address what we eat, but why we eat it; not just how to exercise, but the purpose of functional movement; not just being healthy, but leading a purposeful life. Combining the best of ancient wisdom with cutting edge science, Durant crafts a vision of health that is both fresh and futuristic.

Crash Course in Library Services for Seniors Ann Roberts 2012-05-31 A comprehensive guide to creating dynamic, successful, and innovative library programs that cater to the specialized needs of older adults—an important and growing user group.

Bicycling Maximum Overload for Cyclists Jacques DeVore 2017-06-13 Bicycling Maximum Overload for Cyclists is a radical strength-based training program aimed at increasing cycling speed, athletic longevity, and overall health in half the training time. Rather than improving endurance by riding longer distances, you'll learn how to do it by reducing your riding time and adding heavy strength and power training.

Traditionally cyclists and endurance athletes have avoided strength and power training, believing that the extra muscle weight will slow them down, but authors Jacques DeVore and Roy M. Wallack show that exactly the opposite is true. The Maximum Overload program uses weightlifting to create sustainable power and improved speed while drastically reducing training time and eliminating the dreaded deterioration that often occurs during the second half of a ride. A 40-minute Maximum Overload workout, done once or twice a week, can replace a long day in the saddle and lead to even better results. This comprehensive program includes unique takes on diet, interval training, hard and easy training, and sustainable power. Backed by the most trusted authority in the sport, *Bicycling Maximum Overload for Cyclists* is a book that no cyclist should be without.

One Flew Over the Cuckoo's Nest Ken Kesey 2015-03-04 De tirannieke Nurse Ratched regeert haar afdeling in de psychiatrische inrichting van Oregon State met beklemmende discipline. De patiënten houden zich geëisd door geestdodende medicatie en de dreiging van elektroshocktherapie. Haar strikte regime wordt verstoord door de komst van McMurphy, een levenslustige crimineel die doet alsof hij gek geworden is om kans te maken op een makkelijk leventje in een inrichting. Wanneer McMurphy ziet hoe de patiënten hun dagen hier doorbrengen en hoe hun levens verpieteren, besluit hij in opstand te komen. Hij begint opmerkingen te maken over het figuur van de Big Nurse, en introduceert kaartspellen bij zijn medepatiënten. Hij organiseert een ongeoorloofd uitje en weet zelfs twee prostituees de afdeling binnen te smokkelen. Hij betaalt daar niet alleen zelf de prijs voor, maar ziet ook hoe zijn vrienden meer en meer beginnen te lijden nu ze in aanraking komen met de buitenwereld. In de soms onderhuidse, soms uitgesproken of zelfs fysieke strijd tussen McMurphy en Ratched vervagen de grenzen tussen goed en kwaad, mentaal gezond of gek, leven en dood. *One Flew Over the Cuckoo's Nest* is een van de grootste, meest indrukwekkende romans van de twintigste eeuw. Een ode aan het leven en de vrijheid.

Rewilding Bert Poffé 2020-03-05 Haal je ongetemde ik naar boven Een praktisch boek voor een natuurlijke levensstijl Voor iedereen die verlangt naar een meer zuivere manier van leven REWILDING IS BOOMING! Door het loskoppelen van de mens van de natuur en het creëren van een kunstmatige omgeving zijn we terechtgekomen in een gigantische ratrace, met een hele reeks westerse welvaartsziektes tot gevolg. De natuur én je ongetemde, wilde ik opnieuw een plaats geven in je dagelijks leven is de beste manier om je tegen dit alles te beschermen. Bert Poffé en Kiki Nárdiz laten zich inspireren door jager-verzamelaars, nomaden en natuurvolkeren. Met *Rewilding* ontdek je een meer vrije en natuurlijke manier van eten, slapen, bewegen, spelen en relaxen.

Men's Health 2006-07 Men's Health magazine contains daily tips and articles on fitness, nutrition, relationships, sex, career and lifestyle.

Fire Your Gym! Simplified High-Intensity Workouts You Can Do At Home Andy Petranek 2013-07-30 Fire Your Gym! Simplified High-Intensity Workouts You Can Do At Home by Andy Petranek and Roy Wallack Challenging High-Intensity Workouts That Make You Incredibly Strong and Fast Had it with the relentless pace, fatigue and sore muscles of Body Beast and P90X? Tired of driving to the gym every day or paying a trainer? Or do you want a break from your tedious workout routine? Dive into Fire Your Gym and you will find a challenging, exciting, time-saving, fun and smart program that delivers striking gains in muscle size and strength, running speed and endurance, fat loss and all-round peak fitness—developed by two top authorities in the fitness world. Best of all, it leaves you with a simple, highly motivating workout system that'll keep you super-fit for life—right from your own home. Andy Petranek, founder of one of the world's most successful CrossFit gyms, and Los Angeles Times fitness columnist Roy M. Wallack have created a unique, science-based program that blends high-intensity strength training, intervals and low-intensity recovery cardio. Brutally effective without beating you up, it is simply the best way to get the best results.

Barefoot Walking Michael Sandler 2013-03-26 From the authors of Barefoot Running, the essential guide to the life-changing benefits of

barefoot walking As the thousands of people who have fallen in love with barefoot running already know, shedding your shoes is good for the body and the soul. Barefoot Walking shows all readers, no matter their fitness level, how to take command of their physical and spiritual well-being through this simple and easy practice, even if they are daunted by sore feet, achy joints, injury, illness, or feeling out of shape. This book contains special material for children, pregnant women, and seniors, and shows anyone how this gentle, natural activity can literally transform one's life, restoring health, vitality, strength, and balance, and improving focus, mood, memory, and more. Full of tips and tools for going bare, this is the essential handbook for people who want to move their body, connect with the earth, and feel physically and psychologically more alive.

Born to Run Christopher McDougall 2009-05-05 NATIONAL BESTSELLER • The astonishing and hugely entertaining story that completely changed the way we run. An epic adventure that began with one simple question: Why does my foot hurt? "Equal parts quest, physiology treatise, and running history.... The climactic race reads like a sprint.... It simply makes you want to run." —Outside Magazine Isolated by Mexico's deadly Copper Canyons, the blissful Tarahumara Indians have honed the ability to run hundreds of miles without rest or injury. In a riveting narrative, award-winning journalist and often-injured runner Christopher McDougall sets out to discover their secrets. In the process, he takes his readers from science labs at Harvard to the sun-baked valleys and freezing peaks across North America, where ever-growing numbers of ultra-runners are pushing their bodies to the limit, and, finally, to a climactic race in the Copper Canyons that pits America's best ultra-runners against the tribe. McDougall's incredible story will not only engage your mind but inspire your body when you realize that you, indeed all of us, were born to run.

Core Fitness Solution Michael de Medeiros 2014-11-15 Outlines more than five thousand customizable exercises for building an ideal core, counseling readers on how to select the best workout for location, time, and intensity.

Barefoot Running Step by Step Roy Wallack 2011-05-01 "Barefoot Ken Bob is The Master. Long before anyone else was even talking about barefoot running, he was perfecting the art . . . Now, after twenty years of teaching, experimenting, and "merry marathoning" (as he calls it), the first and best source of barefoot-running knowledge is bringing his ideas to print. And it's about time." —Christopher McDougall, author of Born to Run: A Hidden Tribe, Super Athletes, and The Greatest Race the World Has Never Seen "Ken Bob Saxton, a pioneer of the modern barefoot running movement, has logged more miles in his birthday shoes than just about anyone I know, and he has helped countless people run barefoot. As one would expect, this delightful book, full of wit and wisdom, is an invaluable guide for anyone who wants to run barefoot, avoid injury, and have fun." —Daniel E. Lieberman, professor of Human Evolutionary Biology, Harvard University "This is a wonderful guide from the Godfather of barefoot running!" —Irene Davis, Ph.D., director of Spaulding National Running Center, Harvard Medical School Learn Barefoot Running From the Master! Almost overnight, barefoot running has exploded onto the fitness scene. However, it involves more than simply taking off your shoes. In fact, everything you've learned about barefoot running is probably wrong—unless you've learned it from Barefoot Ken Bob Saxton. The leading instructor and proponent of unshod running, he has completed 76 marathons barefoot, survived an astounding marathon-a-month challenge in 2004, and gone on to top that with 16 marathons in 2006, including four in a 15-day period—all barefoot. Barefoot Running Step by Step separates the facts from the hype, outlines Ken Bob's personal techniques, and details the latest research on the newest trend in mankind's oldest sport. Whether you barefoot run occasionally, part-time, or full-time, you'll find methods for improving your form, staying injury-free, dramatically improving your speed and performance, and having more fun. The Bent Knee: Here is the hidden secret to perfect running form. Learn how this crucial adjustment will keep you running stronger and injury-free for life. Vibrams and Minimalist Shoes:

Barefoot running is not a transition from shoes to minimalist shoes to bare feet. It's the other way around. Discover why you need to run barefoot before you use other footwear. Start From the Head: Proper barefoot form doesn't start at the feet. Discover how to get the correct body biomechanics. Ease Into It: Here are the steps you need to take to make the transition from running in shoes to barefoot running as painless and easy as possible. Improve Speed: Barefoot running's injury reduction benefits are well-touted; however a new landmark study proves that barefooting—even part-time—can make you faster. Barefoot Running Step by Step is filled with series photos and illustrations that show you the “do’s” and “don’ts” of barefoot running, the latest research, and Ken Bob Saxton’s personal experiences and insights for running barefoot for life.

The Complete Idiot's Guide to Barefoot Running Dr. Craig Richards 2011-02-01 Enhanced running - naturally. For 30 years runners have been told that their only hope of salvation from injury is an expensive shoe - until now. The barefoot running and minimalist-footwear revolution is here and it is turning the world of running upside down. ? Offers expert advice on how to run barefoot and strengthen atrophied muscles and revitalize super-sensitive soles ? A Harvard University study made from early 2010 shows that barefoot running is better for the body and feet than running in expensive shoes

Summary and Analysis of Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen Worth Books 2017-02-21 So much to read, so little time? This brief overview of Born to Run tells you what you need to know—before or after you read Christopher McDougall's book. Crafted and edited with care, Worth Books set the standard for quality and give you the tools you need to be a well-informed reader. This short summary and analysis of Born to Run by Christopher McDougall includes: Historical context Chapter-by-chapter overviews Detailed timeline of key events Important quotes Fascinating trivia Glossary of terms Supporting material to enhance your understanding of the original work About Born to Run by Christopher McDougall: Christopher McDougall's New York Times—bestselling Born to Run brought the underground sport of distance running to the forefront of American conversation, spurring trends like barefoot running and chia seeds' recognition as a superfood. Centering around two long-distance races, the second of which McDougall intends to run, the book is written in a distinctly Gonzo journalism—style. The author focuses on the Tarahumara, an ancient tribe of runners that lives isolated in Mexico's Copper Canyons, but he also pulls in plenty of other characters, past and present, and explores the biological reasons we are all born to run. The summary and analysis in this ebook are intended to complement your reading experience and bring you closer to a great work of nonfiction.

We hebben nieuwe namen nodig NoViolet Bulawayo 2013-06-11 Paradise is geen plek voor kinderen. In deze sloppenwijk in Zimbabwe is armoede aan de orde van de dag. Toch weten de negenjarige Darling en haar vrienden _ Stina, Chipo, Godknows, Sbho, Bastard _ zich goed te vermaken met het stelen van vruchten uit de rijke buurt en het spelen van spelletjes als `Vind Bin Laden en `Vang Saddam Hussein. De jonge kinderen worden echter ook blootgesteld aan de grote verdeeldheid om hen heen en de raciale spanningen die niet zelden leiden tot geweld. Darlings grootste wens is om weg te vluchten naar Amerika, maar wanneer ze eindelijk aankomt in een voorstad van Detroit, Michigan, blijkt ze totaal niet voorbereid op deze nieuwe, vreemde wereld. Ze ontdekt dat ze niet meer naar huis kan maar dat ze door taal, door te benoemen wat echt belangrijk is, haar geschiedenis levend kan houden. NoViolet Bulawayo, geboren en getogen in Zimbabwe, ontving voor haar korte verhaal `Hitting Budapest in 2011 The Caine Prize, een van de grote Afrikaanse literaire prijzen. Ze behaalde recent haar master of fine arts aan de Cornell-universiteit in de vs, waar ze nu ook Engelse les geeft. We hebben nieuwe namen nodig is haar debuutroman.

Washington Black Esi Edugyan 2019-05-28 Dit is het duizelingwekkende avontuur van de elfjarige Washington Black, die weet te ontsnappen aan zijn slavenbestaan en aan een ongekend avontuur begint, op zoek naar vrijheid. Wanneer Washington Black, een elfjarige slaaf op een

suikerplantage in Barbados, de persoonlijke bediende van de excentrieke Titch Wilde wordt, krijgt hij de kans op een nieuw leven. Titch is bioloog, ontdekkingsreiziger en uitvinder, geobsedeerd door zijn creatie: de heteluchtballon. Maar de dood van een familielid vermorzelt zijn idealistische plannen en Washington komt in gevaar. Ze besluiten te vluchten, maar dan verdwijnt Titch. Washington moet zijn weg alleen zien te vinden, op zoek naar echte vrijheid. Edugyan neemt je mee op een ongelooflijk avontuur, van de zengende rietsuikervelden van Barbados tot de ijzige woestenij van het Canadese Noorden, in haar bijzondere roman over identiteit, vrijheid, liefde en verlossing.

Lopen met de Kenianen Adharanand Finn 2012-04-25 Net als zoveel andere hardlopers verwonderde de Britse schrijver en hardloper Adharanand Finn zich erover dat Keniaanse atleten, waar ter wereld ze ook lopen, de wedstrijden overheersen. Anders dan al die andere hardlopers besloot hij op zoek te gaan naar het antwoord. Hij trok met zijn gezin naar Kenia om daar ruim een half jaar te verblijven en met de Kenianen te gaan lopen. Hij sprak de atleten, de trainers, hoorde de verhalen aan van de plaatselijke bevolking en zag hoe ze leefden - in de professionele trainingskampen in Eldoret, maar ook in door armoede geteisterde gebieden waar hardlooptalent een uitweg kan bieden uit een kansloze omgeving. Hij hield er een veelgelezen weblog op de website van The Guardian over bij/em. Finn contrasteert zijn bevindingen met de ervaringen die hij als loper in eigen land heeft opgedaan. Het Keniaanse hardlopen is een van de grote - nog goeddeels ongeschreven - verhalen in de sport. In dit boek wordt dat verhaal voor het eerst verteld.

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running-shares-his-personal-t

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