

Ready To Run Unlocking Your Potential Naturally Kelly Starrett

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Ready to Run: Unlocking Your Potential to Run Naturally ...

You won't just be prepared to run in a minimalist shoe—you'll be Ready to Run, period. In "Ready to Run", you will learn: - The 12 performance standards you must work toward and develop on an ongoing basis. - How to tap into all of your running potential and access a fountain of youth for lifelong running.

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Ready to Run: Unlocking Your Potential to Run Naturally ...

In this book, you will learn the 12 standards that will prepare your body for a lifetime of top-performance running. You won't just be prepared to run in a minimalist shoe—you'll be Ready to Run, period. In "Ready to Run", you will learn: - The 12 performance standards you must work toward and develop on an ongoing basis

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