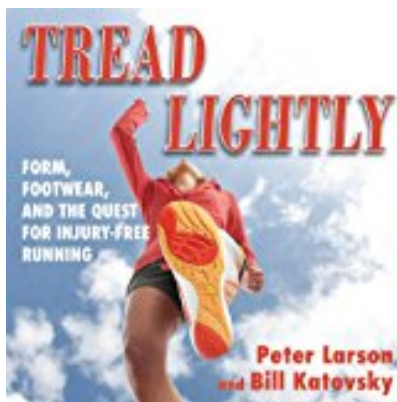


[PDF] Tread Lightly: Form, Footwear, And The Quest For Injury-Free Running

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Books Details:

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Description:

Humans evolved over the millennia to become one of the most exceptional distance-running species on Earth. So why are injuries so common? Are our shoes to blame, or is it a question of running form, training, or poor diet? In this groundbreaking book, Peter Larson and Bill Katovsky explore the reasons why runners experience injuries and offer potential solutions to the current epidemic of

running-related injuries. Their findings, gleaned from research studies and conversations with leading footwear scientists, biomechanical experts, coaches, podiatrists, physical therapists, and competitive runners, are informative and enlightening.

Topics include:

- How modern runners differ from their ancestors
- Why repetitive stress causes most injuries, and how runners can safely reduce their occurrence
- The pros and cons of barefoot running
- Why it's time to move beyond the pronation-control paradigm with running shoes
- How certain running-form flaws might increase injury risk
- How footwear has evolved over the past 10,000 years
- The recreational runner
- Why running shoes are not inherently evil

Tread Lightly is a highly listenable, multifaceted investigation of running - past and present, with a hopeful look to the future.

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