



Healthy Running Step by Step: Self-Guided Methods for Injury-Free Running: Training - Technique - Nutrition - Rehab

Robert Forster, Roy Wallack

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Healthy Running Step by Step will help runners of all ages and abilities understand why running injuries occur, how to prevent them, and how to speed up recovery. Injuries plague the majority of runners, wrecking training plans and cutting running careers short by decades, but they are not inevitable. Authors Robert Forster, P.T., and Roy M. Wallack explain that nearly all running injuries can be rehabilitated quicker and even avoided altogether with the right training, strengthening, stretching, running form, and diet strategy.

Drawing from Forster's three decades of training and treating Olympic athletes and more than 10,000 runners at his award-winning Santa Monica, California, physical therapy and high-performance centers, this book emphasizes that better performance is inextricably bound to injury reduction and that a comprehensive, science-based training plan with built-in anti-injury "insurance" must include these crucial elements:

Periodization training

Proper technique and footwear

Nutrition

Posture and flexibility

Strength training

This book also includes detailed, step-by-step rehabilitation matrixes for the five most common running injuries: IT band syndrome, Achilles tendonitis, shin splints, plantar fasciitis, and hamstring injuries. Using these unique matrixes as your guide, you'll recover from injuries more quickly and understand what you need to do to prevent their reoccurrence.

Healthy Running Step by Step is a must-have guide if you've ever been injured, are recovering from an injury, want to prevent injuries, or run injury-free for decades to come.

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