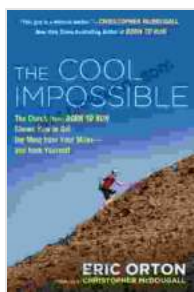


The Running Coach From Born To Run Shows How To Get The Most From Your Miles

Chris McDougall is the author of the bestselling book Born to Run, which chronicles the story of the Tarahumara Indians, a tribe of ultramarathoners who live in the Copper Canyons of Mexico. In his book, McDougall argues that humans are natural runners and that we can all learn to run better by adopting the Tarahumara's techniques.



The Cool Impossible: The Running Coach from Born to Run Shows How to Get the Most from Your Miles-and from Yourself by Eric Orton

★★★★☆ 4.5 out of 5

Language : English
File size : 15426 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 274 pages



Now, McDougall has written a new book called Natural Born Runners, which is a comprehensive guide to running that draws on his experiences with the Tarahumara and his own research. In this book, McDougall provides a wealth of practical advice on how to get the most from your miles, including tips on:

- Running naturally

- Listening to your body
- Enjoying the process

McDougall believes that running is a simple activity that anyone can enjoy. However, he also believes that we can all benefit from learning how to run better. By following his advice, you can improve your running form, reduce your risk of injury, and get more enjoyment out of your runs.

Running Naturally

One of the most important things that McDougall emphasizes is the importance of running naturally. This means running in a way that is comfortable and efficient for your body. It also means avoiding the common mistakes that many runners make, such as overstriding, heel striking, and running too fast.

McDougall believes that the best way to learn how to run naturally is to watch children run. Children run naturally because they have not yet learned the bad habits that many adults acquire. By watching children run, you can learn how to run with a light, springy step that is easy on your body.

Here are some tips for running naturally:

- Keep your head up and your eyes looking forward.
- Relax your shoulders and arms.
- Land on your midfoot, not your heel.
- Take short, quick steps.

- Don't overstride.

Listening to Your Body

Another important aspect of running is listening to your body. This means paying attention to how your body feels and responding accordingly. If you are feeling pain, it is important to stop running and rest. If you are feeling tired, it is important to slow down or take a break. It is also important to listen to your body when it is telling you that it needs more fuel or hydration.

Here are some tips for listening to your body:

- Pay attention to how your body feels before, during, and after your runs.
- If you are feeling pain, stop running and rest.
- If you are feeling tired, slow down or take a break.
- Make sure to eat and drink enough before, during, and after your runs.

Enjoying the Process

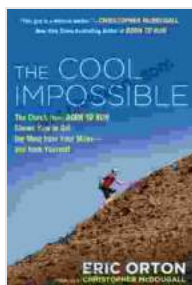
Finally, it is important to remember that running is supposed to be enjoyable. If you are not enjoying your runs, you are less likely to stick with them. There are many ways to make running more enjoyable, such as running with friends, listening to music, or running in a beautiful setting.

Here are some tips for enjoying the process:

- Find a running partner or group to keep you motivated.
- Listen to music or podcasts while you run.

- Run in a beautiful setting.
- Set realistic goals for yourself.
- Celebrate your successes.

By following McDougall's advice, you can learn how to run better, reduce your risk of injury, and get more enjoyment out of your runs. Running is a great way to get fit, stay healthy, and have fun. So what are you waiting for? Start running today!



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