



Therapeutic Running

Running to Shape Yourself and Shaping Yourself for Running

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Publisher : DésIris

Category : Humanities and Non-Fiction

Genres : Reference Books - Science Culture - Educational Sciences

Keywords : Running - Sport - Health

Therapeutic running, or the art of rediscovering the benefits of the forefoot stride.

More than just running, it's the way that matters and that shapes us. Developing a forefoot stride is a long process during which a slow transformation of the body takes place. This stride is a new therapy that is part and parcel of a new art of running. But running economy also depends on elements that develop with quadruped or climbing exercises and that improve the dynamics of running.

Date : 27/10/2023

Pages : 189

Format cm : 14 x 21

Prix : 17.0

EAN : 9782364032163