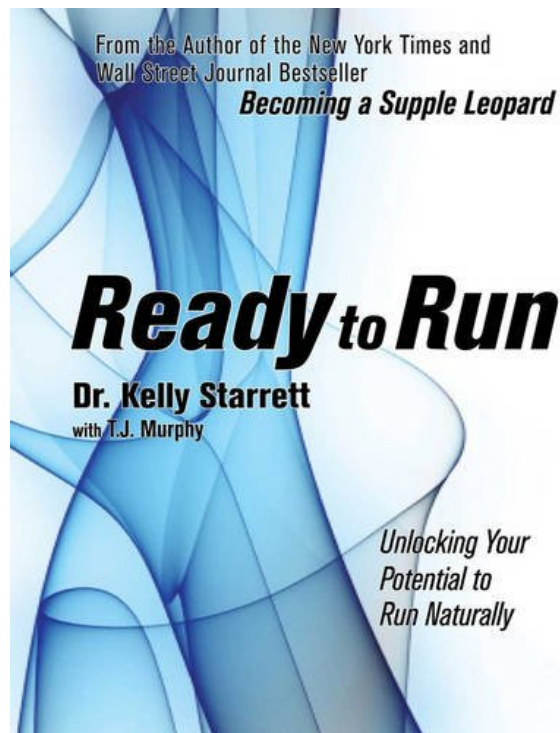
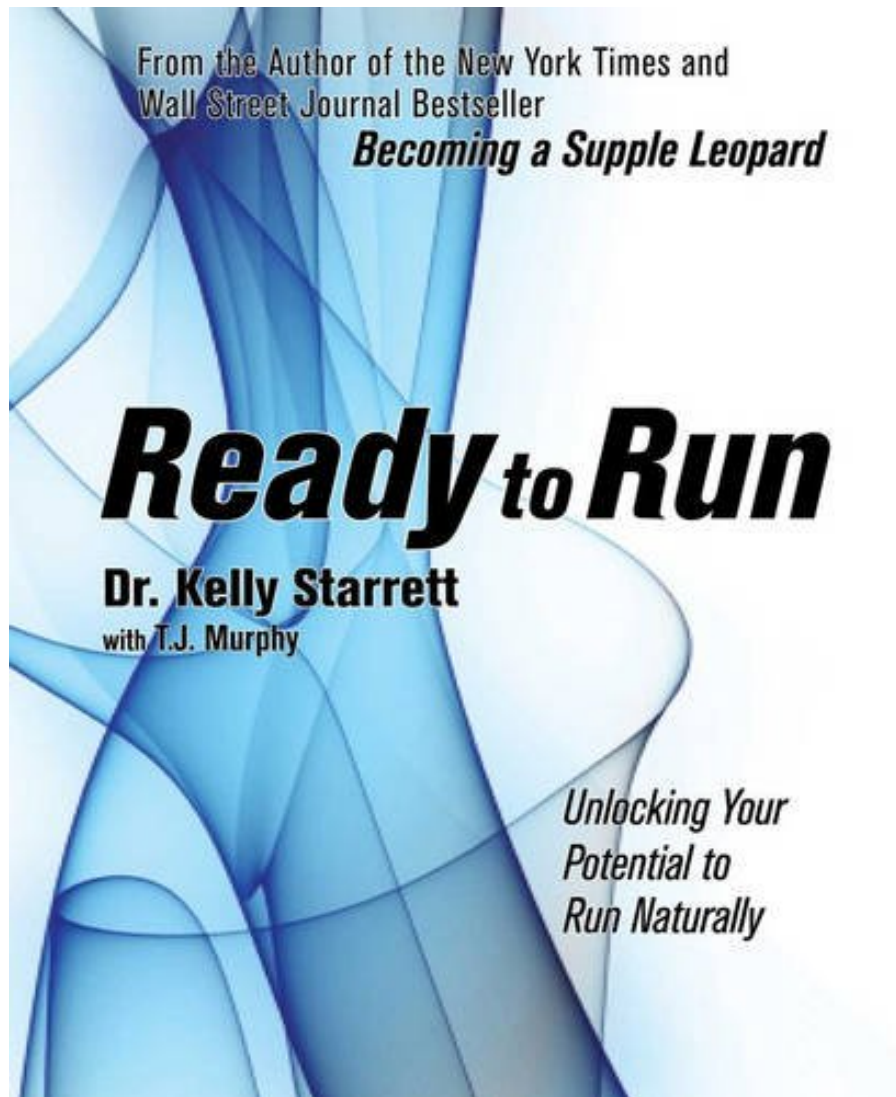


READY TO RUN: UNLOCKING YOUR POTENTIAL TO RUN NATURALLY BY KELLY STARRETT, TJ MURPHY



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About the Author

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Ready To Run: Unlocking Your Potential To Run Naturally By Kelly Starrett, TJ Murphy.

Modification your behavior to hang or waste the time to only chat with your friends. It is done by your everyday, do not you really feel burnt out? Currently, we will reveal you the brand-new practice that, in fact it's a very old routine to do that can make your life much more qualified. When really feeling tired of consistently chatting with your good friends all spare time, you could discover the book entitle Ready To Run: Unlocking Your Potential To Run Naturally By Kelly Starrett, TJ Murphy and after that read it.

As recognized, book *Ready To Run: Unlocking Your Potential To Run Naturally By Kelly Starrett, TJ Murphy* is popular as the home window to open the globe, the life, and brand-new thing. This is just what the people currently require so much. Also there are many people who do not like reading; it can be a choice as recommendation. When you really need the ways to produce the next motivations, book Ready To Run: Unlocking Your Potential To Run Naturally By Kelly Starrett, TJ Murphy will actually lead you to the method. Additionally this Ready To Run: Unlocking Your Potential To Run Naturally By Kelly Starrett, TJ Murphy, you will certainly have no remorse to get it.

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READY TO RUN: UNLOCKING YOUR POTENTIAL TO RUN NATURALLY BY KELLY STARRETT, TJ MURPHY PDF

Are You Ready to Run?

Is there a bridge from the injury-ridden world of the modern runner to the promised land that barefoot running and Born to Run have led us to believe exists? Can we really live the running life free from injury? Is there an approach designed to unlock all the athletic potential that may be hidden within? Can we run faster, longer, and more efficiently?

In a direct answer to the modern runner's needs, Dr. Kelly Starrett, author of the bestseller *Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance*, has focused his revolutionary movement and mobility philosophy on the injury-plagued world of running.

Despite the promises of the growing minimalist-shoe industry and a rush of new ideas on how to transform running technique, more than three out of four runners suffer at least one injury per year. Although we may indeed be "Born to Run," life in the modern world has trashed and undercut dedicated runners wishing to transform their running. The harsh effects of too much sitting and too much time wearing the wrong shoes has left us shackled to lower back problems, chronic knee injuries, and debilitating foot pain.

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
- How to tap into all of your running potential and access a fountain of youth for lifelong running
- How to turn your weaknesses into strengths
- How to prevent chronic overuse injuries by building powerful injury-prevention habits into your day
- How to prepare your body for the demands of changing your running shoes and running technique
- How to treat pain and swelling with cutting-edge modalities and accelerate your recovery
- How to equip your home mobility gym
- A set of mobility exercises for restoring optimal function and range of motion to your joints and tissues
- How to run faster, run farther, and run better

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- 288 pages

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Most helpful customer reviews

94 of 98 people found the following review helpful.

An excellent reference guide with one weakness

By Aaron

First off, running is a requirement of my job (USMC) and for a couple years now I have been plagued knee problems revolving around my IT Band. Starrett's previous book (*Becoming a Supply Leopard*) helped me get over the worst of my injury. As a result, I was excited when *Ready to Run* was published because it is running specific.

Some strengths are

1. Runner responsibility. If you're looking for a panacea to all your running ailments that requires nothing of yourself, you're looking at the wrong book. *Ready to Run* hammers home the point that you must take control of your running in order to fix yourself. In fact, most of the methods illustrated are quite painful and add more work to training. They do, however, address problems.
2. With diligence, the methods outlined will alleviate short term running problems, as well as stave off long term problems. Once again though, you have to be willing to work when you buy this book.
3. The illustrations and explanations are top rate as usual. As well as step-by-step photos, there are detailed explanations attached to the mobilizations.

Now a weakness

1. *the reason for my 4 star rating* *Ready to Run* teaches you how to make your body an healthy and efficient machine, however, it does not teach you how to utilize that new found healthy and efficiency. It advocates a loose running style (neutral foot strike, flat shoes, glute dominant gait) but does not teach the movement of running itself. Do not buy this book expecting it to teach you proper barefoot or minimalist running technique. (Should you be interested in that, buy Jay Dicharry's *Anatomy for Runners*) Personally, the book feels half finished without a section on proper running technique as well as programming to switch from overbuilt shoes to minimalist or barefoot.

As a whole, the book is still an excellent reference for performing in-home body maintenance that empowers

runners to take control of their bodies.

67 of 72 people found the following review helpful.

Why Everyone Should Read "Ready to Run"

By Scott Iardella, MPT, CSCS, CISSN

I REALLY like this book! Kelly Starrett has done it again with the new book "Ready to Run." I was honored to receive an advanced copy of the book and it's an outstanding read. I read the entire book just in a few days as it was extremely engaging content. Here's what I can tell you. While the book is obviously geared towards running, the principles and standards apply in many other areas of function and peak performance. If you're a student of movement, mobility, and performance as I am, then you'll absolutely LOVE this book.

The central themes of the book are about how we can improve performance and reduce the risk for injury. If you're a hardcore runner, I'd say this book is absolutely required reading. I'd also say it's a must read for every athlete because of the applications to optimizing function and performance with so many valuable insights.

As beautifully stated in the book, "running is a compound, functional movement that we were designed to do in daily life." Understanding that statement, this is why it's a read for everyone. Full disclosure, I'm not a runner and I love the book. I'm a strength athlete (and also a former physical therapist), so I appreciate the principles and biomechanics that Kelly covers in detail in "Ready to Run."

The 12 standards are the foundation of the book. These standards are the required movements, mobility, and performance standards we need to meet to be "ready to run." While the standards are designed for running, they are applicable and relevant to human performance in general. They are the framework to restore poor positions, improve range of motion, and correct poor movement patterns, which is really awesome material.

The 12 standards are:

- 1-Neutral Feet.
- 2-Flat Shoes.
- 3-A Supple Thoracic Spine.
- 4-An Efficient Squatting Technique.
- 5-Hip Flexion.
- 6-Hip Extension.
- 7-Ankle Range of Motion.
- 8-Warming Up and Cooling Down.
- 9-Compression.
- 10-No Hotspots.
- 11-Hydration.
- 12-Jumping and Landing.

You may already see how these 12 standards are valuable not only in running, but in optimal function and performance. Each standard is fully explained in the book so that you understand why each is important for peak performance.

There's a ton of great information in the book related to foot mechanics and general body positioning. For example, the importance of stabilization, how to safely and effectively transition to flat shoes, how to restore foot strength and structure, and causes and fixes of excessive pronation (the common collapsed arch in our foot and why orthotics is only a "band aid" for the problem).

Think flip flops are a good way to restore foot mechanics because they're flat soled? Well, you'll want to read the book and understand the mechanism that actually makes things worse. There's many great insights, tips, and practices in a book like this for everyone, whether you're a hardcore runner, athlete, or fitness enthusiast. The book is well organized, easily readable, and has also awesome practical application "for runners from runner" T.J. Murphy.

You'll be able to take away great information you can immediately use in your running, training, and performance programs. And, of course, there are many great examples of Kelly's innovative mobility work and fixes, even with specific mobility programs.

A very unique guide that may revolutionize how we run so that we perform at the highest level and greatly minimize our risk for injury. You'll learn how to run by optimizing mechanics, movement, and mobility. If you take away just a few things that you use, it could be game changing and the standards are extremely valuable.

As a former physical therapist and perpetual student of movement and performance, I highly recommend "Ready to Run." Get the book and apply the information, you won't be disappointed.

13 of 13 people found the following review helpful.

Ready to Regenerate? Then Read this Book.

By Yoga Tune Up® Jill

Don't be deceived by the word "Run" in the title. This book is filled to the rim with info, insights and correctives for anyone who is exhausted from not just running, but from the "run-around" of the pain & injury treadmill.

Kelly and TJ elegantly lay out the 12 standards they believe every runner (and mover) should master. Their tone simultaneously educates you and makes you crave the corrective movements they describe. The photography clearly illustrates some very unusual techniques. And the sidebars provide a window into current studies and statistics to back up their theories.

I began running as a teen and was constantly plagued by shin splints. I had an on-again off-again relationship to running throughout my twenties and thirties. When I came across Mobilitywod videos a few years ago and studied/practiced some of Kelly and Brian MacKenzie's foot/ankle mechanics and jump-rope tactics, I resolved my own bad running mechanics that had eluded me.

Though my personal movement goals have changed (I am not interested in competition, long-distance runs or field sports anymore), I remain fascinated by human movement. This book satisfies my desire to understand why I was such a bad runner while still helping me to be a better mover.

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