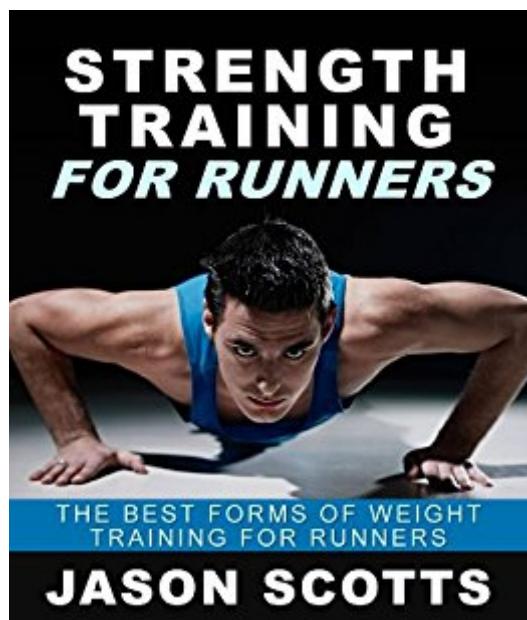


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# Strength Training For Runners : The Best Forms Of Weight Training For Runners



## **Synopsis**

"Strength Training For Runners" is a text written by an author that has more than a vested interest in the welfare of runners. He is a runner himself and is aware of what it takes to keep the body in shape and to prevent any sort of damage to perform optimally. The text is simple as and is well timed as more and more persons are starting to run for their health. The text can not only be used by the hardcore core well established runners but can also be used by those newbie's who are seeking to be healthy but do not wish to overdo it and harm themselves. The author is aware of the physical and psychological damage that an injury can cause and as such makes every effort through this text to prevent any form of injury from occurring in any individual. The text is a great source of reference for anyone at all that is into fitness and who opt to run to achieve that. The information is well laid out, insightful and extremely easy to understand. Any class of runner would be happy to have this text as a point of reference in their home.

## **Book Information**

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## **Customer Reviews**

I've been a runner for over 15 years, starting in high school on a cross country team. We did a little weight training then, but I never understood the significance of it. This book really helped connect it for me by explaining how the different muscles can affect your stride and how you can tailor your strength training to balance certain muscles if need be. The author shares lots of good information about the different theories of strength training during the on or off season and how it may affect you. I also really appreciated the instructions and examples of strength training exercises that are so crucial for runners. I never knew that your core was so vital to running! Overall, this is a great resource for the runner or simple jogger who wants to run successfully without injury, increase their strength, and who can follow easy instructions.

very disappointed in this purchase. It is more like a pamphlet than a book. The exercises are described in words, there are no pictures of the exercises and the actual exercise section is a small portion at the end. The book covers topics in detail like advantages and disadvantages of working out at a gym vs. at home. The information is very general, I think it is intended for someone with no prior experience.

It may not seem to make any sense that you will run better and with less chance of injury if you do strength training, but Jason Scotts proves that it does and why. He describes muscle action, how muscles work in pairs, and how important it is to develop strength with balance between these pairs." He even details a difference in how one should train in-season and out-of-season. His descriptions of the exercises and his reasoning behind them are very clear and easy to understand. If you are serious about running, this book will no doubt be invaluable.

This is more like a pamphlet than a book. There is not enough useable information for a runner to use. If you are looking for exercises look for another book that explains and has diagrams.

I never knew that running performance is greatly improved by a strength training routine. This author went on to explain in easy to follow steps how to start, what exercises to do, and so many tips that are just invaluable to someone who wants to be in better physical condition. Recommended. It really is the ultimate how to guide for runners.

Being an amateur runner myself, I am always on the lookout for good, solid advice about how to get better at what I love doing. I can say that this book was really worth buying, it is packed with

information that I can readily apply to increase my strength. Can't wait to apply all my new knowledge to action! Highly recommended.

After taking up running and very quickly ending up with an injury because of lack of preparation, I picked up this book to help me better prepare my entire body. I'm now getting myself back in shape and strength training is certainly part of it. This book has some excellent information and suggestions.

Basically a pamphlet with information you can get from a magazine. Calling this a book is laughable. Don't waste your time.

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