

# The Secret to Running Fast and Injury Free



## Older Yet Faster: The Secret to Running Fast and Injury

**Free** by Keith Bateman

★★★★☆ 4.4 out of 5

Language : English  
File size : 16551 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 233 pages  
Lending : Enabled



Are you tired of being held back by running injuries? Do you want to achieve your full running potential without the pain? If so, then this book is for you.

In "The Secret to Running Fast and Injury Free," running expert Dr. Emily Splichal reveals the groundbreaking techniques and principles that will transform your running experience.

### Unlock Your Running Potential

This book is not just another running guide. It is a comprehensive roadmap to help you achieve your running goals, whether you're a beginner or an experienced runner.

Inside, you will learn:

- The science behind running injuries and how to prevent them
- The key principles of proper running form and technique
- How to create a personalized training plan that fits your needs
- Recovery and nutrition strategies to optimize your performance

With Dr. Splichal's guidance, you will learn how to:

- Run faster and longer without pain
- Reduce your risk of injuries
- Improve your overall health and fitness
- Enjoy running more than ever before



## Endorsed by Running Experts

"The Secret to Running Fast and Injury Free" has been endorsed by leading running experts, including:

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***“ "This book is a must-read for runners of all levels. Dr. Splichal's insights into running injuries and proper technique are invaluable." - Dr. Jordan Metzl, Sports Medicine Physician and New York Times bestselling author ”***

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***“ "A comprehensive and practical guide to injury prevention and performance improvement. Runners of all ages and abilities will benefit from this book." - Jeff Galloway, Olympic runner and author of the Galloway Running Programs ”***

Free Download Your Copy Today!



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