

<<跑步指南CHIRUNNING>>

图书基本信息

书名：<<跑步指南CHIRUNNING>>

13位ISBN编号：9780743251440

10位ISBN编号：074325144X

出版时间：2004-3-30

出版时间：Fireside

作者：Danny Dreyer

页数：236

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<跑步指南CHIRUNNING>>

内容概要

Wthan 24 million people run in the United States alone, but 65 percent will have to stop at least once this year because of injury. Still others will choose to run through the pain. But in this groundbreaking book, ultramarathoner Danny Dreyer teaches us the running technique he created to heal and prevent injuries and also to run faster, farther, and with much less effort at any age. ChiRunning employs the deep power reserves in the core muscles of the trunk,an approach that grows out of such disciplines as yoga, Pilates, and t'ai chi. This excellent step-by-step program offers training principles and is easily learned.

<<跑步指南CHIRUNNING>>

书籍目录

Introduction: Running Lessons from a T'ai Chi Master ChiRunning Versus Power Running How to Use This Book
Chapter 1. ChiRunning: A #evolution in Running The Benefits of Running Why People Get Injured Power Running: No Pain, No Gain The "Chi" in ChiRunning
Chapter 2. The Principles of ChiRunn'ing: Moving with Nature Cotton and Steel: Gather to Your Center Gradual Progress: The Step-by-Step Approach The Pyramid: The Small Is Supported by the Large Balance in Motion: Equal Balance and Complementary Balance Nonidentification: Getting Yourself out of the Way
Chapter :3. The Four Chi-Skills Focusing Your Mind Body Sensing: High-speed Access Breathing: Tapping Into Your Chi Relaxation: The Path of Least Resistance
Chapter 4. The Basic Components of Technique Posture Lean: Gravity-Assisted Running Legs and Arms Let's Go Running
Chapter 5. Transitioning into and out of Running Transitioning into a Run Preparing Your Mind Preparing Your Body Starting Your Bun Transitioning out of a Run Ending a Bun Cooling Down Stretching The Postrun Mind
Chapter 6. Program Development: The Process of Growth Form, Distance, and Speed: The Three Developmental Stages of the ChiRunning Technique Creating a Running Program The Well-Rounded Running Program Intervals LSD Run.....
Chapter 7.The Beauty of Learning and the Blessing
Chapter 8.Peak Performance and Racing
Chapter 9.Getting the Most Chi from
Chapter10.Run as You Live,Live as You Rnu
Appendix.A Guide to the Muscles Referred to in the Book
Index

<<跑步指南CHIRUNNING>>

版权说明

本站所提供下载的PDF图书仅提供预览和简介, 请支持正版图书。

更多资源请访问:<http://www.tushu007.com>