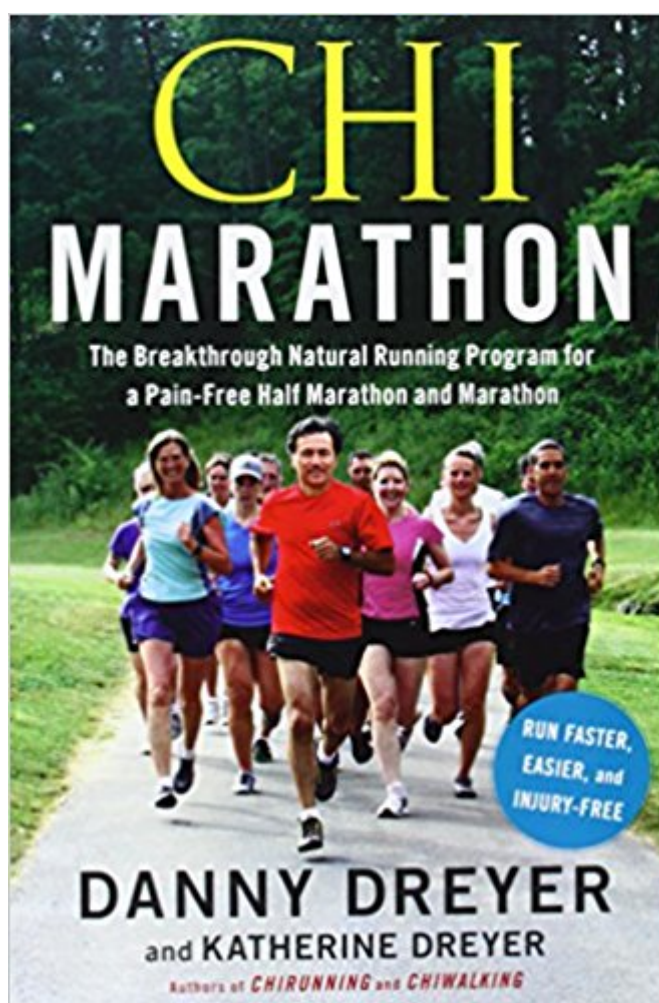




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# Chi Marathon: The Breakthrough Natural Running Program For A Pain-Free Half Marathon And Marathon



## Synopsis

From the authors of the bestselling *Chi Running*, a game-changing training guide for injury-free long distance running. In *Chi Marathon*, Danny Dreyer, creator of the revolutionary *ChiRunning* program, highly respected running coach, and accomplished distance runner, takes a whole-body approach to long-distance running—much like *Tai Chi*—making ease and efficiency of movement the prime goal of one's training. *Chi Marathon* is the first book to focus not on building stamina first (though that is covered here) but on how to run all those miles without harming your body. A staggering 80 to 90 percent of marathoners face injuries during their training. This book debunks the myth that marathoners need to push through and beyond pain, and presents a technique-based plan for pain- and injury-free, high-performance half and full marathons. *Chi Marathon* also shows how to improve your performance by developing your own race-specific training plan tailored to your event, and will help you cross the finish line feeling strong no matter your age, body type, or running ability.

- Run a marathon or half marathon free of pain and injury
- Transform your racing with the training triad: form, conditioning, and mastery
- Tap into your chi, an energy source more powerful and enduring than muscles
- Teach your mind and body to work together as a team and master your event

This is the book that distance runners have been waiting for. With *Chi Marathon* you can enjoy the run and feel confident no matter the distance.

## Book Information

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## Customer Reviews

“*ChiRunning* is meant to be enjoyed, not endured. Thanks to Danny Dreyer you can release your

fear of injury so that you can enjoy what is importantâ€”the ability to get out into the open air and do what is so natural, pacifying, and nourishing to the mind and body.â€•â€• Catherine McKiernan, former Olympian, world cross-country champion, and winner of the London, Amsterdam, and Berlin marathons"Learning the easiest way to run a marathon--like finding the easiest way to swim one--isn't undemanding. It's exacting, in place of exhausting. It requires critical, not reflexive, thinking. But that sort of difficulty is the sort that leads to Mastery, Happiness, and even a high-functioning brain. Chi Running is on the cutting edge of how people will pursue physical, mental and spiritual fitness in the 21st Century." --Terry Laughlin, author of Total Immersion: The Revolutionary Way to Swim Better, Faster and Easier "The Dreyers don't believe in "no pain, no gain" for runners. Instead, their holistic approach is a smarter and healthier way for runners to fully develop balanced body mechanics for an injury-free life. The old school, conventional running trends have created too much ill-health and pain for all athletes, but Chi Marathon changes all that. Regardless of your age and experience, youâ€™ll learn how to run efficiently from head to toe. The result is more enjoyable, and you will now finish marathons and other endurance races feeling refreshed rather than wasted." --Dr. Philip Maffetone, author of The Big Book of Endurance Training and Racing "Chi Marathon is the perfect plan for sustainable running for all ages, abilities and for all distances, whether you enter an event or not." --Mark Cucuzzella, MD, Professor, West Virginia University School of Medicineâ€œChi Marathon emphasizes the mental and physical components of running and encourages runners to be aware of how their bodies are responding during a run. The tone of the book is positive, and it supports the idea that proper technique is the key to pain-free running. The Dreyers expertly detail how to prepare for a raceâ€”many runners are likely to find value in the Dreyersâ€™ program.â€• --Booklist

Danny Dreyer, an esteemed walking and running coach, is a nationally ranked ultramarathon runner. He conducts workshops nationwide and lectures frequently at races and events. He is the coauthor, with Katherine Dreyer, of ChiRunning. Katherine Dreyer has more than thirty years of experience in the health, personal growth, and fitness fields. She partners with Danny to coordinate the international ChiRunning, ChiWalking, and ChiLiving programs.

Good concepts, and explained well, but I think Chi Running may be a better option (have not read it yet). It's hard to simultaneously train for a marathon AND dramatically alter your running style. I couldn't always tell when I was doing the form focuses correctly. And when I did them incorrectly, I knew it after my long runs because it would result in an injury - e.g. to my lower back or hip. On the

positive side, successfully completed the Boston Marathon and did apply some of the form focuses, like landing mid foot and keeping my lower legs and feet relaxed. And I have to say, this book has fundamentally changed my posture - not just when running but all day - sitting and standing.

Have read this somewhat piecemeal, as I've followed Danny's methodology after downloading his app. Recently referenced the chapters on proper posture, applied them in the final weeks of training & just finished my first half marathon - tired muscles but no injuries & some energy to spare. I highly recommend the book - what I've read so far has been clearly written & well illustrated.

Nice book to read. Still learning. Hopefully I will be able to run a painless full Marathon one day.

Really changed the way I run, also made me improve my running times. I have since started enjoying my long runs even more!

Great book, very insightful.

Much like Chi Running but focused more towards longer distances. The text mentions tempo runs, hill repeats and other training tactics along with LSD's. Going through the different phases of their training has helped me to eliminate foot pain that I used to feel post-run and enables me to be ready to take on another run the next day.

I read Chirunning before, this is next step to run full marathon and enjoy it. I run Maratona di Roma 2014 after reading this book and it helps me a lot.

This method of running has saved me from injury. I also like his half marathon training schedules in the book. I also recommend the DVD.

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