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Book Review: Brain Training for Runners | ACTIVE

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- Resist running fatigue
- Use cross-training as brain training
- Master the art of pacing
- Learn to run "in the zone"
- Outsmart injuries
- Fuel the brain for maximum performance
- And more

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In Brain Training, the author talks about the ballistic style of running that elite runners use and how they are actually floating in the air the majority of the time. Practicing his cues helped me evolve my stride to emulate the elite runner form and all I can say is wow.

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