



Quick Strength for Runners: 8 Weeks to a Better Runner's Body

By Jeff Horowitz

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Quick Strength for Runners offers a smart, fast-paced strength training program for runners who want to run faster and with fewer injuries. In under an hour a week, runners will strengthen their core and key running muscles to build a better runner's body.

Strength training is crucial to better running and injury prevention. But it's difficult to know which exercises work best for runners or to get motivated to hit the gym.

In *Quick Strength for Runners*, running coach and personal trainer Jeff Horowitz simplifies strength training into **just two 20-minute workouts per week**, with no gym or pricey equipment required. Designed specifically for runners, the Quick Strength program pinpoints the exercises that really work. Inside you'll find:

- A guide to how strength training leads to better running form and fitness
- 40 targeted exercises, with step-by-step photos and clear instructions
- Progressive workouts and advanced form options to increase strength as fitness improves
- A focused and efficient 8-week strength training program
- Tips on designing your own long-term workout program for a lifetime of fitness

Quick Strength for Runners makes it easy for runners to build a better runner's body. This highly effective, easy-to-implement program will make you a stronger, faster runner in under an hour a week so you can stay on the road or trail.

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Quick Strength for Runners: 8 Weeks to a Better Runner's Body By Jeff Horowitz Bibliography

- Sales Rank: #56793 in Books
- Brand: Brand: Velo Press
- Published on: 2013-12-04
- Released on: 2013-12-04
- Original language: English
- Number of items: 1
- Dimensions: 8.97" h x .45" w x 7.11" l, 1.12 pounds
- Binding: Paperback
- 224 pages

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Editorial Review

Review

"A smart strength-training plan in which runners can learn how to strength their core and key running muscles." • -- *Competitor magazine*

"" 'when I'm [running] 30, 40, 50 miles a week, the last thing I want to do is squats on legs that already feel like overcooked spaghetti" 'Jeff Horowitz has a solution. He's been a running coach for more than a decade and is the author of Quick Strength for Runners." • -- *Philadelphia Inquirer*

"Running is a sport of imbalance. At no point are your feet hitting the ground at the same time. This imbalance creates an opportunity for injury. Our bodies have to be strong enough to handle the complex motion of running. If it's not, you won't be running too long" | Trusting this program has me running stronger and faster and most importantly injury free." • -- *Amplify Today*

"The exercise program is ideal for runners whose sole goal is running performance. Runners don't need to lift huge weights or practice resistance training five days per week. What they do need to is to develop a modest degree of well-balanced strength." • -- *BreakingMuscle.com*

"We all know that strength training is important. I have always said that I should do more strength training, but it wasn't until I started trying this book that I really realized how much it can help me. I started this book before I was back to running, and I believe without a shadow of a doubt that it has had a big impact on my running now. I am stronger, recover easier and have less soreness overall." • -- *LovingontheRun.com*

From the Back Cover

RUN FASTER AND STRONGER IN JUST 8 WEEKS!

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This highly effective, easy-to-implement program will make you a stronger, faster runner in under an hour a week.

Jeff Horowitz is a certified running coach and personal trainer. He has run more than 150 marathons.

About the Author

Jeff Horowitz is a certified running and triathlon coach and a personal trainer who has run more than 150 marathons across six continents. Formerly an attorney, he quit law to pursue his passion for endurance sport and now works with DC Tri; The Nations Triathlon; the nonprofit summer camp ACHIEVE Kids Triathlon;

and Team Hope, a charity fund-raising training group that benefits the Hope Connections Center, a cancer-patients service organization.

Users Review

From reader reviews:

Connie Cornish:

What do you about book? It is not important with you? Or just adding material if you want something to explain what you problem? How about your free time? Or are you busy individual? If you don't have spare time to accomplish others business, it is make one feel bored faster. And you have spare time? What did you do? Everyone has many questions above. They need to answer that question since just their can do in which. It said that about guide. Book is familiar on every person. Yes, it is appropriate. Because start from on jardín de infancia until university need this specific Quick Strength for Runners: 8 Weeks to a Better Runner's Body to read.

Peggy Young:

This book untitled Quick Strength for Runners: 8 Weeks to a Better Runner's Body to be one of several books this best seller in this year, that is because when you read this e-book you can get a lot of benefit upon it. You will easily to buy that book in the book retailer or you can order it by means of online. The publisher of the book sells the e-book too. It makes you quicker to read this book, because you can read this book in your Smartphone. So there is no reason for your requirements to past this guide from your list.

Kimberly Towe:

Playing with family in a very park, coming to see the ocean world or hanging out with pals is thing that usually you may have done when you have spare time, and then why you don't try point that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Quick Strength for Runners: 8 Weeks to a Better Runner's Body, it is possible to enjoy both. It is excellent combination right, you still want to miss it? What kind of hang-out type is it? Oh come on its mind hangout men. What? Still don't buy it, oh come on its identified as reading friends.

Anna Baron:

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