

# INSPIRATIONAL FRIDAYS #034

25 October 2024

## FEATURED BOOK

Title:	<b>Running Strong</b>
Author:	<b>Dr. Jordan Metzl</b>
Language:	<b>English</b>
Format:	<b>e-BOOK/ PDF</b>
Pages:	<b>456</b>
Size:	<b>13.86 MB</b>

## SYNOPSIS:

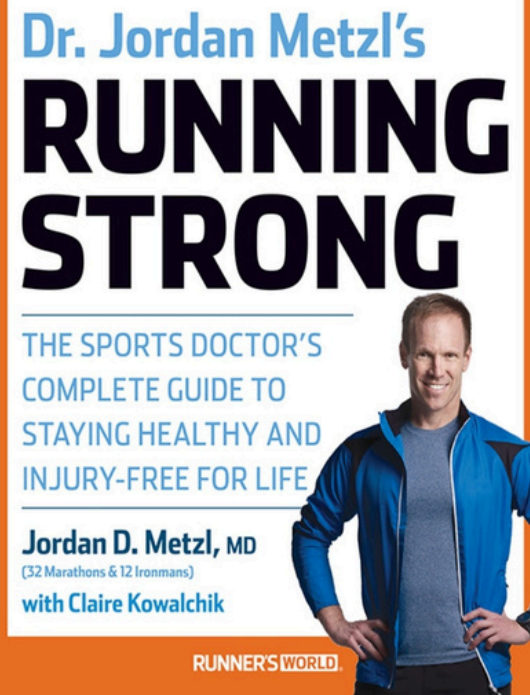
Are you ready to take your running to the next level? Whether you're a beginner training for your first 5K or a seasoned marathoner seeking to optimize your performance, "Running Strong" by Dr. Jordan Metzl is the ultimate guide to help you achieve your distance-running goals.

### A Comprehensive Resource

This cutting-edge book offers a unique blend of expert advice, illustrated information, and exclusive video content to address the most common issues faced by runners.

### With "Running Strong," you'll gain access to:

- **Injury Prevention and Treatment:** Learn how to prevent and treat dozens of medical issues, from shin splints to stress fractures.
- **Running Form and Performance:** Discover the science behind optimal running form and how to improve your performance.
- **Nutrition and Hydration:** Get expert advice on proper fueling and hydration strategies.
- **Stretches and Exercises:** Follow step-by-step guides to strengthen and increase flexibility in key running muscles.



### Praise from a Champion

"Meb Keflezighi, champion marathoner and author of Meb for Mortals, endorses "Running Strong," saying, "If you want to achieve your distance-running goals, this book is for you."

### Take Your Running to the Next Level

"Running Strong" is more than just a book – it's a toolkit for success.

### With Dr. Metzl's guidance, you'll be equipped to:

- Prevent injuries and overcome setbacks
- Optimize your running form and performance
- Fuel your body for peak performance

### Conclusion

"Running Strong" is an indispensable resource for runners of all levels. Whether you're just starting out or seeking to refine your training, this book will keep you on the road (or trail) and running stronger than ever.

### Bonus:

#### Unlock Your Running Potential with Dr. Jordan Metzl's Expert Advice\*\*

In this insightful video, Dr. Jordan Metzl shares expert tips to optimize your running performance and prevent injuries.

#### Google Talk - Running Stronger by Dr. Jordan Metzl (Youtube Video)...

Visit [www.VCHF.co.za](http://www.VCHF.co.za) to watch video!

Happy running!

Visit [www.VCHF.co.za](http://www.VCHF.co.za) to read Running Stronger online.