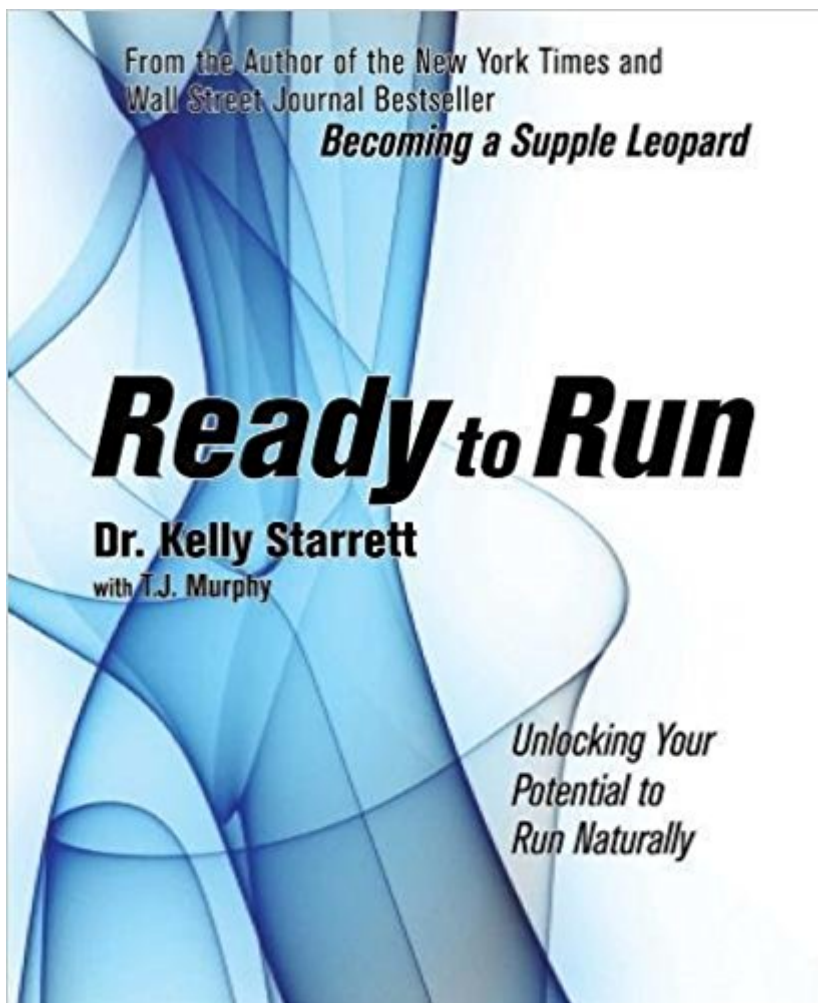


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# Ready To Run: Unlocking Your Potential To Run Naturally



## Synopsis

Are You Ready to Run? Is there a bridge from the injury-ridden world of the modern runner to the promised land that barefoot running and Born to Run have led us to believe exists? Can we really live the running life free from injury? Is there an approach designed to unlock all the athletic potential that may be hidden within? Can we run faster, longer, and more efficiently? In a direct answer to the modern runner's needs, Dr. Kelly Starrett, author of the bestseller *Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance*, has focused his revolutionary movement and mobility philosophy on the injury-plagued world of running. Despite the promises of the growing minimalist-shoe industry and a rush of new ideas on how to transform running technique, more than three out of four runners suffer at least one injury per year. Although we may indeed be "Born to Run," life in the modern world has trashed and undercut dedicated runners wishing to transform their running. The harsh effects of too much sitting and too much time wearing the wrong shoes has left us shackled to lower back problems, chronic knee injuries, and debilitating foot pain. In this book, you will learn the 12 standards that will prepare your body for a lifetime of top-performance running. You won't just be prepared to run in a minimalist shoe – you'll be Ready to Run, period. In *Ready to Run*, you will learn:

- The 12 performance standards you must work toward and develop on an ongoing basis
- How to tap into all of your running potential and access a fountain of youth for lifelong running
- How to turn your weaknesses into strengths
- How to prevent chronic overuse injuries by building powerful injury-prevention habits into your day
- How to prepare your body for the demands of changing your running shoes and running technique
- How to treat pain and swelling with cutting-edge modalities and accelerate your recovery
- How to equip your home mobility gym
- A set of mobility exercises for restoring optimal function and range of motion to your joints and tissues
- How to run faster, run farther, and run better

## Book Information

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## Customer Reviews

Dr. Kelly Starrett, coach and physiotherapist, is the author of the New York Times and Wall Street Journal bestseller *Becoming a Supple Leopard*, which has revolutionized how coaches, athletes, and everyday humans approach performance as it relates to movement, mechanics, and the actualization of human and athletic potential. He and his wife, Juliet Starrett, co-founded San Francisco CrossFit and MobilityWOD.com, where they share their innovative approach to movement, mechanics, and mobility with millions of athletes and coaches around the world. Kelly travels the world teaching his wildly popular CrossFit Movement & Mobility Course and also works with elite military forces and every branch of the military; athletes from the NFL, NBA, NHL, and MLB; and nationally ranked and world-ranked strength and power athletes. He consults with Olympic teams and universities and is a featured speaker at strength and conditioning and medical conferences nationwide. Kelly believes that all human beings should know how to move and be able to perform basic maintenance on themselves. He lives in northern California with his insanely talented and amazing wife, Juliet, and their two young lionesses, Georgia and Caroline. His chief life goal is to spend more time on the beach with his family. T.J. Murphy, over the course of a 20-year career, has established himself as one of the endurance world's most prolific writers. He has served as editor-in-chief of both *Triathlete* and *Inside Triathlon* magazines and as editorial director of *Competitor* magazine. His endurance journalism has appeared in *Outside* and *Runner's World*. In 2012 he gave things a twist when he chronicled his personal odyssey into strength, conditioning, and mobility in the seminal work *Inside the Box: How CrossFit® Shredded the Rules, Stripped Down the Gym, and Rebuilt My Body*.

First off, running is a requirement of my job (USMC) and for a couple years now I have been plagued knee problems revolving around my IT Band. Starrett's previous book (*Becoming a Supple Leopard*) helped me get over the worst of my injury. As a result, I was excited when *Ready to Run* was published because it is running specific. Some strengths are 1. Runner responsibility. If you're looking for a panacea to all your running ailments that requires nothing of yourself, you're looking at the wrong book. *Ready to Run* hammers home the point that you must take control of your running

in order to fix yourself. In fact, most of the methods illustrated are quite painful and add more work to training. They do, however, address problems.<sup>2</sup> With diligence, the methods outlined will alleviate short term running problems, as well as stave off long term problems. Once again though, you have to be willing to work when you buy this book.<sup>3</sup> The illustrations and explanations are top rate as usual. As well as step-by-step photos, there are detailed explanations attached to the mobilizations. Now a weakness<sup>1</sup>. \*the reason for my 4 star rating\* Ready to Run teaches you how to make your body an healthy and efficient machine, however, it does not teach you how to utilize that new found healthy and efficiency. It advocates a loose running style (neutral foot strike, flat shoes, glute dominant gait) but does not teach the movement of running itself. Do not buy this book expecting it to teach you proper barefoot or minimalist running technique. (Should you be interested in that, buy Jay Dicharry's Anatomy for Runners) Personally, the book feels half finished without a section on proper running technique as well as programming to switch from overbuilt shoes to minimalist or barefoot. As a whole, the book is still an excellent reference for performing in-home body maintenance that empowers runners to take control of their bodies.

Not just for runners. Yes, this book is geared toward runners, but no matter what your sport or activity, this book with help. My overall fitness has benefitted greatly from Kelly Starrett's approach to movement. I am a 50-year old man, who has improved my mobility, improved my running, and even sleep better thanks to Starrett's work. I am also squatting and deadlifting more than I have in 25 years, and doing it without injury and still feel like my body can do more. But no need to spend a lot of time in the gym, a lot of this stuff can be done in your living room/garage and you can improve immensely with many of the simple moves/techniques described here. Also, in addition to Starrett's work, I would highly encourage looking into some of the other movement/mobility gurus who are out there.

I'm a big fan of Dr. Kelly Starrett and his focus on physiology. For me, this book was a retraining on how to run properly and become more mobile. Running was a very rewarding and damaging sport for me that went something like run for 2-3 months while improving, injure myself, heal, and repeat the cycle. That is until I got this book. Using Dr. Starret's 12 Ready to Run Standards (I'm still working at being 100% in all of them), I have been able to run and improve for a solid 4 months now. I am not only injury free, but also mostly pain free as I have worked and am working through areas of weakness and hotspots. I only wish this book would have been around and suggested to me for reading when I began running. Cons-A lot of information to wrap your head around, this isn't

light reading, it's more like an instruction and then reference manual.-Doesn't come with 12 Standards test worksheets...I made my own worksheets based off of the information in the book so I can monitor my progress.Pros-Very comprehensive-Lots of picturesWould I recommend it to my fellow runners? Absolutely! :)

I own a physical copy of this book and really like the material. Its informative and has helped me with some nagging running form issues. I purchased the kindle version because I travel a lot but want to be able to reference this on the road. The kindle version is just not very well put together. Its almost like the just scanned the paper version which doesn't work well with some of the charts and things. I would like to see a better production value for a kindle specific version, disappointing.

Two buddies teamed up to share their obsession here. If this book could speak, it would shout aloud: modern life is destroying our fantastic running machine! Rather very good madness; we need to reborn to run. A couple of good ideas here: no days off policy, always mastering good mechanics mindset and let your feet work as feet. Beautiful, we got lifelong homework to do.

I am a 55 year old, 15x Ironman finisher who has over the past several years developed chronic hip, knee and ankle pains. This has led me to physical therapy, ART, Graston and other myofascial massage treatments. Simply put, addressing several of the "standards" with consistency has normalized my gait, removed niggling pains and lowered my per mile pace to where it was a few years back before all the issues began. I have not only recommended this book to other runners, I have personally purchased other copies for a couple friends who stopped running because they were told to do so. If you run... Get this book!

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