



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:

Elizabeth Talbot:

What do you concentrate on book? It is just for students because they're still students or the idea for all people in the world, the actual best subject for that? Simply you can be answered for that issue above. Every person has various personality and hobby per other. Don't to be pushed someone or something that they don't want do that. You must know how great and important the book Quick Strength for Runners: 8 Weeks to a Better Runner's Body. All type of book are you able to see on many options. You can look for the internet resources or other social media.

Donna Bledsoe:

Your reading 6th sense will not betray an individual, why because this Quick Strength for Runners: 8 Weeks to a Better Runner's Body book written by well-known writer we are excited for well how to make book which might be understand by anyone who else read the book. Written throughout good manner for you, still dripping wet every ideas and writing skill only for eliminate your current hunger then you still hesitation Quick Strength for Runners: 8 Weeks to a Better Runner's Body as good book not merely by the cover but also from the content. This is one reserve that can break don't determine book by its protect, so do you still needing yet another sixth sense to pick this kind of!? Oh come on your looking at sixth sense already alerted you so why you have to listening to one more sixth sense.

Mary Moore:

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Billie Gallagher:

This Quick Strength for Runners: 8 Weeks to a Better Runner's Body is fresh way for you who has attention to look for some information as it relief your hunger associated with. Getting deeper you on it getting knowledge more you know or you who still having tiny amount of digest in reading this Quick Strength for Runners: 8 Weeks to a Better Runner's Body can be the light food in your case because the information inside this specific book is easy to get by simply anyone. These books build itself in the form that is certainly reachable by anyone, yep I mean in the e-book form. People who think that in publication form make them feel tired even dizzy this book is the answer. So you cannot find any in reading a reserve especially this one. You can find actually looking for. It should be here for a person. So , don't miss this! Just read this e-book

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