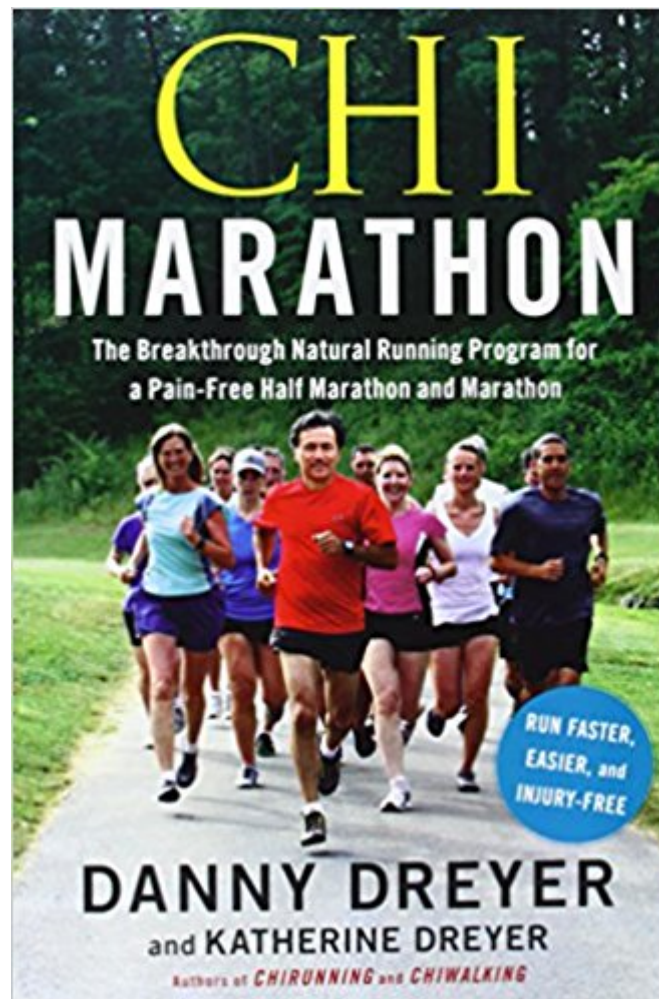


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# Chi Marathon: The Breakthrough Natural Running Program For A Pain-Free Half Marathon And Marathon



## Synopsis

From the authors of the bestselling *Chi Running*, a game-changing training guide for injury-free long distance running. In *Chi Marathon*, Danny Dreyer, creator of the revolutionary *ChiRunning* program, highly respected running coach, and accomplished distance runner, takes a whole-body approach to long-distance running—much like *Tai Chi*—making ease and efficiency of movement the prime goal of one's training. *Chi Marathon* is the first book to focus not on building stamina first (though that is covered here) but on how to run all those miles without harming your body. A staggering 80 to 90 percent of marathoners face injuries during their training. This book debunks the myth that marathoners need to push through and beyond pain, and presents a technique-based plan for pain- and injury-free, high-performance half and full marathons. *Chi Marathon* also shows how to improve your performance by developing your own race-specific training plan tailored to your event, and will help you cross the finish line feeling strong no matter your age, body type, or running ability. -Run a marathon or half marathon free of pain and injury -Transform your racing with the training triad: form, conditioning, and mastery -Tap into your chi, an energy source more powerful and enduring than muscles -Teach your mind and body to work together as a team and master your event This is the book that distance runners have been waiting for. With *Chi Marathon* you can enjoy the run and feel confident no matter the distance.

## Book Information

Paperback: 320 pages

Publisher: Touchstone; Original edition (March 13, 2012)

Language: English

ISBN-10: 145161795X

ISBN-13: 978-1451617955

Product Dimensions: 6.1 x 0.9 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (52 customer reviews)

Best Sellers Rank: #93,208 in Books (See Top 100 in Books) #30 in Books > Sports & Outdoors > Other Team Sports > Track & Field #35 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #209 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

## Customer Reviews

Mr. Dreyer is getting paid!!! I must say that I am knowledgeable about running and fitness. As a

retired U.S. Army veteran, and an avid runner, i've run many a miles prior to and during my career. The last couple of years, I've had some minor problems with my feet and back and was unable to run for awhile. I recently committed to training for my 1st marathon and ran across this book while shopping on . I've known about Chi-running for years but never thought to much about it. After taking a look inside I decided to give it a go (kindle edition). I tested it out this morning on my 5K along with a free metronome on my iPod. When I finished, I can say that my feet nor my back hurt during or after Chi-running (Cannot comment on the long term effects, if any, at this time). I did not feel tired, winded, or sore. I actually felt invigorated. I could have run for 4 miles, not on my schedule. I felt very comfortable so I will continue to practice this technique. Note: I really don't think that its necessary to purchase more than one of these books and you don't need the DVD. You can get all of the instruction you need from Youtube/online videos and the first book. The price's for these items are very expensive and you really don't need them. This is why I only gave it a 3 rating. I actually watched a video the night before and read part of the book and was able to use correct form the first time. The metronome really helped me to keep pace without thought. I really think the metronome was the key element keeping me from over exerting along with my relaxing, focusing, and using correct posture (so get a metronome they are cheap and there are free apps, (thanks to the suggestion from a reviewer)). I wouldn't put out the extra bucks. I really hope this review is helpful, happy running/walking. see you on the road.

To begin I would like to say I bought this book because of the impact that the book Chi Running had on my running. I have done multiple marathons, ultras, and relays virtually pain free thanks to the program presented in Chi Running. This book however is embarrassing. If you have ever wondered what it would be like to read a late night infomercial, look no further than Chi Marathon. Every page is trying to sell a product or promote their website to the point that I had to just put the book down. Here is a great example from page 39 in the book: "pick up your training at week twelve in the ChiRunning Intermediate Marathon Training Program (not included in this book; see our website, [...] and run a half marathon for your first long run." That training program cost \$49.95 by the way..... Basically, if you like being suckered, please, buy this book. If you would rather learn something please pick up Chi running and stick with that. If you are like me and have read Chi running but was hoping to learn more, just read Chi running again.

The essence of the Chi Running technique is its use of the forward fall for momentum rather than the use of the muscles in your legs and feet for propulsion. Chi Running is based on the use of

mental focus to setup your form to facilitate the forward fall and move efficiently with it. It is different from most conventional running styles and therefore requires a different type of training program. The training programs in the Chi Marathon book are comprised of workouts designed to improve your running ability - not through muscle growth - but through advances in your technique that allow you to relax more with less muscle activation. I highly recommend this book for anyone looking to use the Chi Running technique to run a half or full marathon. For Chi Runners in general this book also includes the latest information on advanced Chi Running technique that was not included in the Chi Running: A Revolutionary Approach To Effortless Injury-Free Running book ChiRunning: A Revolutionary Approach to Effortless, Injury-Free Running!

Very succinctly covers the key points in the chi running technique. I particularly liked the parts on the specific race preparation. However I do feel that for learning chi running the earlier book on chi running as well as the DVD is more appropriate.

Danny and Katherine Dreyer write beautifully and Chi Marathon is packed with helpful and inspirational information. They deliver on their ambitious Table of Contents. Just Appendices A and B, Half Marathon and Marathon Training Programs, are worth the price of the book! The book clearly explains form and technique, the foundation of Chi Running, and how paying attention to form allows you to stay injury-free as you advance through the conditioning and training phases of the half and full marathon. Functional workouts take you step by step through the process of discovering the efficiency and fluidity that lie within all of us. The power of intention and how to train your mind to achieve your goals is interwoven throughout the book. The mind-body connection is explored in depth and offers much food for thought for advanced Chi Runners. Chi Marathon is likely to be viewed as the Marathoner's Training Bible, as it gives you the tools to improve whether you are training for your 1st half marathon or your 100th marathon.

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