



The Running Revolution: How to Run Faster, Farther, and Injury-Free--for Life

Nicholas Romanov , Kurt Brungardt

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From a two-time Olympic coach who has trained the running elite, an essential guide for all runners seeking to go faster and farther without injury

Christopher McDougall's *Born to Run*—and the wildly popular natural running trend it sparked—changed the way we think about running, but it has also prompted many questions: Have we been running the wrong way? And, have we been running in the wrong kind of shoe? What is the safest type of foot strike? How many types are there? And what is a foot strike anyway? No existing guide has clearly addressed these concerns—until now. *The Running Revolution* provides both beginning and experienced runners with everything they need to know in order to safely and efficiently transition to and master a safer and more biomechanically efficient way of running that is guaranteed to improve performance and minimize wear and tear on the body.

More than a one-size-fits-all guide, *The Running Revolution* will provide readers with clear instructions that they can easily integrate into their unique running histories in order to run safely, intelligently, and efficiently for many years to come.

The Running Revolution: How to Run Faster, Farther, and Injury-Free--for Life Details

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From Reader Review The Running Revolution: How to Run Faster, Farther, and Injury-Free--for Life for online ebook

Mary Ann Merlin says

Truly a new way to run

Never thought I would see the evolution of running unfold before my eyes. In the 1970's we were taught to always run heel to toe. That was wrong. I can't even begin to Imagine the injuries caused by this strategy. Well then was then. Now we have a much, much better way to train. This is the wave of things to come. This book will be a must read, in the future. I'm sure of it. If you run for any reason, you need this book. It will blow your mind. Great read.

Leect27 says

A good guide to the running for life, injury free.

All things we do in life are bounded by rules of the world. We can do the same thing differently, but we may not be efficient in getting the desired outcome.

This book explained the technicality of how to run efficiently, to produce a better result and yet maintain injury free.

Lance Schonberg says

The Running Revolution is, above all else, a methodology. It's not just a book about running, it's based around a specific version of running and it builds a complete program for you to learn how that works, transition to it, and get better and faster at it. It's a complete book, but it does rely on a single, overarching premise.

That you buy into the idea of the Pose Method of running.

The book's primary author, Dr. Nicholas Romanov, is listed as the creator of the method, with decades of coaching and sports science experience across multiple continents and is the founder of the Romanov Academy, an institute dedicated to the spreading of the Pose Method.

Dr. Romanov is big on stretching, preparation, and targeted strength training. In my former running life, these are all things I sucked at. I know better now, but I wish I'd known better then. As a matter of fact, he's so big on preparation and doing things right to avoid injury prevention that we're more than a third of the way through the text before we actually get to the pose method itself. Odd, and yet fitting.

Whether I summarize this well or not, as explained in the book, there are nine phases in a running stride, but only three of them are really important, as in invariable and biomechanically optimal, and these are the ones the Pose Method focuses on to improve your running: Pose, Fall, Pull.

The Pose is all about body alignment, the moment of maximum energy potential to propel yourself forward. There's a strong emphasis on forefoot landing to go with this as the author argues that it provides the smoothest transition with the ground. (I think it's important to notice a slight difference in terminology, too: heel strike, midfoot strike, forefoot landing. A not-so-subtle adjustment, because obviously a landing is better than a strike.)

When you Fall, it's to get an assist from gravity, but not too much. The faster the Fall, the faster the run, but only too a point. In fact, you're supposed to Fall at no more than 22.5 degrees. I've read a couple of comments where this number is thrown out as garbage and where do you get it. To me, this number actually makes a lot of sense by itself. It's a quarter of the way to 90 degrees, or horizontal. It seems reasonable to me that it's going to be hard to recover if you're falling farther than this.

The Pull is the simplest of the three to consider. Conventionally, you push off the lead foot to drag yourself forward. In the Pose Method, you're pulling the rear foot forward into the next stride.

There are a lot of things I like in the book. Dr. Romanov is a big advocate of keeping a training journal, something I've done in the past, though he thinks whatever you do for one should take into account much more than just the numbers involved. I think I'm likely to move in this direction.

He also advocates filming yourself running to study how you can do it better. Actually, this is an assignment at several points during the program and is supposed to be a regular exercise going forward. Probably, you'll need some help with that, and it's recommended.

There are also exercises and training techniques in every lesson and at every level, plus lots of discussion around injury prevention and about body mechanics, and I love that there's a whole lesson on the achilles tendon, about how it's not designed to push your foot off the ground, but to absorb impact.

Overall rating: 3.5 stars. Remember how I said the book relies on you, the reader, buying into the premise of the Pose Method? I'm not sure that I do, but it's interesting enough and I'm curious enough that I may explore it as I gear up my running again.

Lola says

Original star rating - 2. I've since gone back through the book to pick apart a few useful tools to help me, as such I've bumped my rating to a 4. I expected a more thorough approach in the explanations regarding the type of shoe section. The pose method of running is well known, but it is not the only way to approach running. With a title using the word "revolution", I expected a lot more new information or scientific studies. I would have appreciated more investigation into the benefits of strength training and its relation to distance running. Upon my second and third reading, I find this to be a useful book among many.

Bas says

A lot of stuff about journaling and some weird strength exercises, but the running method makes sense and the drills look legit.

Trinia says

This was a good book for adjusting your running position to a better pain free one. I've got a half marathon in a few months and a full marathon following. This book might be one to return to to give the workouts a try but I'll refer to a marathon training book first.

Sam Caldwell says

The thesis of this book is that there is One True Running Form, which the author distilled by observing great runners. I'm afraid that's not a very convincing argument. That being said, I'm open to the idea that some of the ideas he puts forth are good for everyone and might make an effort to incorporate them in my own running. But the prescribed adoption plan seems ridiculously slow/light. Stop all my current running and do these 10 minute workout/drills for a few months? No thanks.

Flow says

good food for thought, but far too technical for me. I didn't have the discipline to work through all lessons since I have a more eclectic learning style and like to try around a lot. this book has a very systematic step by step approach, which I found tiring for myself, and sometimes is unnecessarily chatty. still I think every runner should be aware of the concept and internalize some of the exercises described.

Catherine says

Great read. Gift from Coach Keen, with loads of exercises to work through. One to keep coming back to for reference.

Alfredo Sherman says

Tres estrellas temporales, bajo la premisa de no haber intentado el método hasta leer otros libros sobre el tema y tomar la decisión que más me haga sentido.

En general está bien explicado y las premisas y conclusiones parecen lógicas y con sentido (aunque dudo que un autor de este tipo de libros intente contradecirse con esmero). Me preocupa un poco el concepto de "producto milagroso" que se extiende a su comunicación en el sitio web y otros lugares, pero tantas reseñas positivas me hacen pensar que al menos algo de valor debe tener. No lo recomendaría hasta probar y ver si funciona.

Peter says

Running is a skill

Finally! Running can and should be taught as a skill. Just because you can run does not mean that you are good at it. Romanov has used his experience as a coach and created "the pose method" an efficient way of running. With this book you will learn this method. Practical exercises for running, strength and mobility. How to coach yourself and fine tune your technique. Videos in the book are magnificent and complement the book extremely well. And lastly you will get programs you can follow depending on your goals. A must read for all coaches and runners.

Jaime AndrÃ©s Abenoza says

Me gustó mucho porque describe muy claramente y con gran detalle la técnica, usando tanto fotografías como vídeos insertos. Complemente enormemente el libro CHI RUNNING observando que en los dos casos es la misma técnica sólo que se nombran aspectos de esta de forma diferente.
Si quieres correr rápido y sin dañarte, este es el libro indicando.

Ashley Montulli says

I've been working hard on my running form lately. Trying to change it for more efficiency, lower injury and faster times. The pose method is essentially the method of the modern day runner. Nicholas does a great job of breaking down the technique and gives a step by step workbook for implementation. He talks about shoes, journal keeping and the fact that running truly is a skill. Take out the earbuds and focus on your body. Highly recommend this book, from the creator. For experienced runners and beginners, there is something to be gained here by all.

Matt Leiv says

“Failure to improve is rarely a physical failure; it’s almost always an entirely mental shortcoming.”

Very interesting read on running and form. It got me thinking more about my form and it gives pointers on how to improve. If you're really into the pose method it has a full training schedule to get you started.

There's a lot of back and forth in the running community on whether or not the pose method is superior. What I can say with myself is that working on some of the methods described in the book have helped take me from in pain running, missing workouts due to injury or problems, to running 60-80 miles a month while maintaining heavy lifting in the gym 3-4x a week.

If you're ever had chronic running injuries, there may be a few ideas in here to help you out.

Julie Arthur says

This book had a ton of information but it was a little too technical for me. I guess it's my fault for not reading the description better. I did enjoy the information and there are a lot of useful exercises in here so it will probably stay on my coffee table to pull from when I'm working on body weight exercises. If you are a recreational runner I think there is some good info in here for you but it may be a little more technical than you need. The reason I give this 3 stars only is mainly because of the writing style, not the content. Based on the writing, the author comes across as a little arrogant and not personable. When I read something like this I like to think of it as a conversation between the author and myself but here I felt like I was getting a lecture from the author and that he was upset with me for not spending my whole life worshipping his work. I think it could've been written better in that context. Otherwise it's just an okay read if you're an average runner like myself. I thought maybe I would have some type of running epiphany after reading this but I just felt pretty normal.
