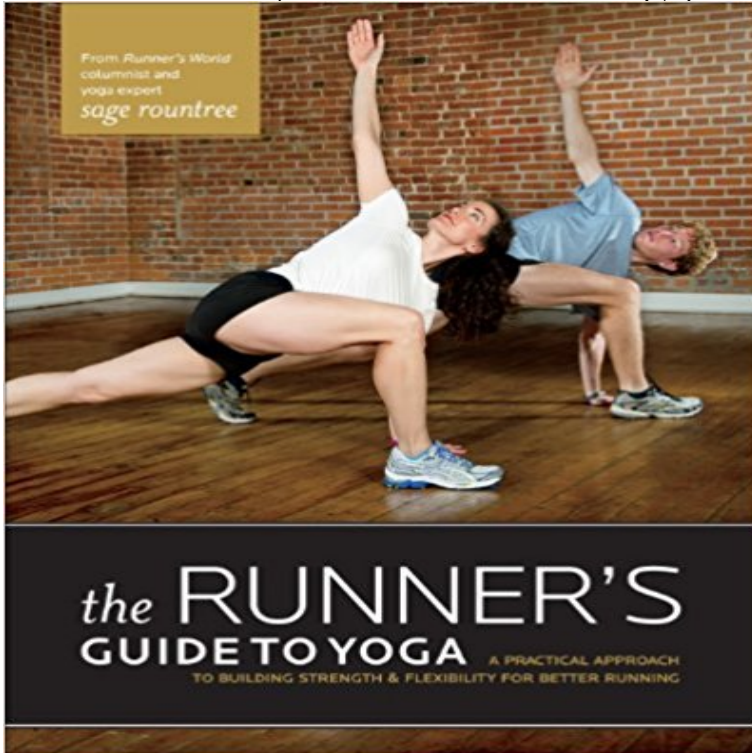


The Runners Guide to Yoga: A Practical Approach to Building Strength and Flexibility for Better Running (The Athletes Guide)



Yoga will make you a better runner. Millions of runners practice yoga daily because it cuts injuries and leads to more fluid, enjoyable running. In *The Runners Guide to Yoga*, Sage Rountree--Americas leading expert on yoga for athletes--shows you the poses and practices for stronger, healthier running. Filled with color photographs, clear instruction, and easy-to-follow routines, *The Runners Guide to Yoga* offers simple ways to make yoga a part of your everyday training, even if you have never set foot in a yoga studio. This practical guide highlights the routines that ease tightness in the hamstrings and hips, strengthen the core, build strength and flexibility throughout your body, and speed recovery from minor injuries. Rountree highlights over 100 key poses modeled by real runners and includes focused routines as well as key pre- and post-race yoga sequences. *The Runners Guide to Yoga* will complement your running every day, all season long. Discover how yoga can improve your running with Dynamic warm-ups and cooldowns for your workouts. Poses that target typical trouble spots, such as hips, calves, and hamstrings. Self-tests to determine areas of weakness or imbalance. Breath and meditation exercises to sharpen mental focus.

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