

## How to Run Faster --- The best tips for explosive running speed and leaving your competition in the dust.



Your about the discover the best proven tips and methods to run faster and have explosive speed. Unlock the secrets of the best techniques to performance to run faster and longer. Know the differences between mixing long and slow speed to give your body the tension for peak performance. Give yourself the powerful tools to build your body into an endurance machine and leave your competition in the dust. You'll get the insight to the best training solutions to turbo boost your stamina, strength, speed and mobility. Discover what top coaches want their sprinters to know. This book is specifically tailored for you to get you started on the right track. In this book you'll get useful advice on: Practical hints on how to generate massive power You'll find what hill sprinting can do to accelerate your speed. The benefits of a steady long run. The effective treatment methods for injuries. The best window of time to refuel your body. Effective gym exercises to create speed. What is the optimal diet to feed your body for energy The best ways to prevent injuries to your body. The step by step stretches you need to know, to warm up before your run. The liquids to have and avoid to remarkable performance. What kind of recommended supplements to get an upper edge in your game The best ways to do strength training. The top running shoe injuries. How to relieve tightness in certain parts of the body for better performance. The top mistakes you could be doing without knowing. How to prepare for your run The truth about running techniques Find the answers you always wanted to know to increase your speed. Watch how your running time easily drops as you accelerate your body to powerful explosive running speed!

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