

TREAD LIGHTLY

FORM,
FOOTWEAR,
AND THE QUEST
FOR INJURY-FREE
RUNNING



Peter Larson
and **Bill Katovsky**

Bill Katovsky

Tread Lightly: Form, Footwear, and the Quest for Injury-Free Running



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s time to move beyond the pronation-control paradigm with jogging shoesHow certain running-form flaws might increase damage riskHow footwear has evolved over the past 10,000 yearsThe recreational runnerWhy jogging shoes are not inherently evilTread Lightly Peter Larson is both a scientist and a realist when it comes to running shoes, and that's a good combination.recent and present, with a hopeful look to the near future.Erin Beresini, Outside Online ""Larson presents an abundance of balanced information on the raging debate over proper running form and minimalist jogging shoes." Their results, gleaned from clinical tests and conversations with leading shoes scientists, biomechanical experts, instructors, podiatrists, physical therapists, and competitive runners, are informative and enlightening.Amby Burfoot, Peak Performance Blog page, Runner's WorldHumans evolved on the millennia to become one of the most excellent distance-running species on the planet. Why are injuries therefore common? Are our sneakers to blame, or could it be a issue of running form, teaching, or poor diet plan? In this groundbreaking book, Peter Larson and Costs Katovsky explore why runners experience injuries and offer potential solutions to the current epidemic of running-related injuries.— Topics consist of:How modern runners differ from their ancestorsWhy repetitive tension causes most injuries, and how runners can safely reduce their occurrenceThe benefits and drawbacks of barefoot runningWhy itPraise for the work of Peter Larson is an extremely readable, multifaceted investigation of working—" —



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A refreshingly objective approach This book may be the first one I've run into that seems to be genuinely open-minded on the questions which are currently absorbing the running community: will there be a 'natural' way to run, and if so, the facts? is forefoot striking much better than back heel striking? For me personally, it provides articulated what I was starting to think and given me many new paths to read and understand more. This is by far the most objective look at the whole area I have seen, but it doesn't make it dried out. and how about nutrition? Good Follow up to 'Born to Run' This is a very good follow up to 'Born to Run' and even though I trust several reviewers that the first. If you are looking for a definitive answer that says "purchase these shoes or boots" or "run in this manner," then keep looking. Two Stars Pretty dull book really. But he also notes the significant differences between modern man and our ancestors---not least in the manner that our feet have been altered by the time we reach adulthood by just wearing modern shoes. what's the perfect stride length? Time for 200 plus, she's health again. It also offers you the confidence to experiment and understand what your body is saying and how to listen. His publication offers information, guidance and suggestions, including your final chapter with some particular ideas on everything from footstrike to diet; but in the end he concludes basically that simply as people vary, so will their running designs, and the key is to use all the info to assist you find what really works best for you. Peter Larson has looked quite hard at the genuine scientific research that is done across a range of disciplines, to see which statements could be substantiated and which cannot. 40-50 pages of the book on the advancement of guy was a bit tedious, I did read it all as the authors proved helpful toward the expected fine detail on why we are better off in much less heel developed shoes and a more natural mid to forefoot landing with shorter better and less pounding mechanics and strides. The book is full of studies and historic quotations a few of which by top notch runners almost a hundred years ago agreed on short strides and efficient mechanics. For those more acquainted with minimalist advantages this may not be new but it is interesting reading that's not governed by absolutes. For instance, you can find constant references to 180 strides each and every minute but the authors quote Jack Daniels as stating that 180 can be an ideal ordinary but recognizing many people are different, it could be more or less. Interesting that last year articles on a 2:30 something female marathoner who was coached to drop from her 200 plus strides to 180 and she became injured. Larson also uses anecdotal proof from the great runners and coaches of the last hundred years to explore his topics, and his tone is consistently light and readable. Five Stars A good book to learn and much to understand. Interesting that Meb just recently converted from back heel to mid feet this season winning Boston this season but previously was the 2004 silver medalist and completed 4th in the 2012 Olympics as a heel striker. What you would understand is that despite the fact that man ran long for millions of years, our current environment of shoes or boots and cities has already established an effect on how our bodies are suffering from. It really is well researched and well crafted. More important, it cuts through the hype of several shoe manufacturers and blog authors to find those elements of truth. There are several surprises: not only is there no dependable scientific support for the traditional categorization of runners into over-pronators, neutral runners and supinators (with corresponding footwear recommendations) but in some studies people did better (ie got fewer accidental injuries) when operating in the 'wrong' shoes. A Balanced and Informed Approach This is a great book if you are serious about being a runner over the long term. Sure, the genetic code remains and all the biomechanics remain present, they will have not gotten the right development and use. You can still get there and this book provides many insights into how you can find the historic runner inside you. Most telling of all, he avoids doctrinaire conclusions, accepting that there probably is no single 'right' way to run, no shoe that's 'right' for each runner. what kind of shoes are greatest? This is a

great book that explains lots of detail about running . Running for fun and enjoyment is the payback. The author is open-minded and encourages the reader to be also.. This is an excellent book that explains plenty of fine detail about running and how it affects the body. There exists a lot of references to research and some speculation but the author is careful to state when he is speculating. I came across it extremely informative and helpful, concise and to the idea. Easy read. Great writing and research went into this book Great writing and analysis went into this book! To best it off I recommend hiring a operating coach. Most aren't inexpensive. But worth every penny. I enjoyed the publication but gave it 4 stars because it took awhile to get to the meat of the reserve.Larson also considers the contribution anthropology makes to focusing on how humans evolved seeing that runners, concluding that for persistance hunting a gait rather like Jeff Galloway's 'run/walk' was probably normal. I'm highly interested in the subject but discovered this hard going. VERY LITTLE Actionable Info Stuffed with scientific study and historic anecdote. However author will not translate the raw information presented into specific, actionable recommendations. Didn't feel I discovered anything I could directly apply to my running. Fun reading for anybody interested in running Well written and easy to read. The author does not proclaim truths but exposes different sights and study backgrounds.. I believed it was fun reading.



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