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The New Rules of Running: Five Steps to Run Faster and Longer for Life

Vijay Vad M.D., Dave Allen

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The New Rules of Running: Five Steps to Run Faster and Longer for Life Vijay Vad M.D., Dave Allen **The ultimate guide to injury-free running and racing, from renowned sports medicine specialist Vijay Vad with training schedules designed by coach and 2-time NYC Marathon Champion Tom Fleming**

Whether you're learning to run, trying to lower your Personal Record, recovering from injury, or just getting in shape, *The New Rules of Running* will make you a faster, healthier runner. The only book on running authored by a sports medicine specialist, this informative guide offers:

- A primer on running's most common injuries, emphasizing prevention and recovery, to get you through the grueling training months unscathed.
- Essential strengthening exercises, stretches, nutrition, and hydration tips.

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