



Healthy Running Step by Step: Self-Guided Methods for Injury-Free Running: Training - Technique - Nutrition - Rehab

By Robert Forster, Roy Wallack

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Healthy Running Step by Step will help runners of all ages and abilities understand why running injuries occur, how to prevent them, and how to speed up recovery. Injuries plague the majority of runners, wrecking training plans and cutting running careers short by decades, but they are not inevitable. Authors Robert Forster, P.T., and Roy M. Wallack explain that nearly all running injuries can be rehabilitated quicker and even avoided altogether with the right training, strengthening, stretching, running form, and diet strategy.

Drawing from Forster's three decades of training and treating Olympic athletes and more than 10,000 runners at his award-winning Santa Monica, California, physical therapy and high-performance centers, this book emphasizes that better performance is inextricably bound to injury reduction and that a comprehensive, science-based training plan with built-in anti-injury "insurance" must include these crucial elements:

Periodization training

Proper technique and footwear

Nutrition

Posture and flexibility

Strength training

This book also includes detailed, step-by-step rehabilitation matrixes for the five most common running injuries: IT band syndrome, Achilles tendonitis, shin splints, plantar fasciitis, and hamstring injuries. Using these unique matrixes as your guide, you'll recover from injuries more quickly and understand what you

need to do to prevent their reoccurrence.

Healthy Running Step by Step is a must-have guide if you've ever been injured, are recovering from an injury, want to prevent injuries, or run injury-free for decades to come.

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Editorial Review

Review

". . . presents a good, honest, common-sense plan gained from years of experience and results at the highest levels of the sport. If you're ready to end the running injury yo-yo for good, you'll be smarter and safer the second you open this book." - **Rod Dixon, three-time Olympian and New York City Marathon champion**

"I'm fitter and more resilient as a 40-plus Masters runner than during my elite competitive career thanks to Bob. He helped me find an ideal healthy balance of technique, strength and flexibility, and nutrition, which I have used for rehabilitating the runners I now coach." - **Jacqueline Hansen, Boston Marathon champion, two-time marathon world record holder**

"Bob Forster is our secret weapon and a big part of our success. This book reveals all of the techniques and lessons learned over our eight Olympic Games together and is useful for athletes of all ages and abilities." - **Bob Kersee, the most successful Olympic track and field coach of all time, with 44 medals**

"Authentic, loaded with insight and information, *Healthy Running Step by Step* illustrates the scientific approach Bob used to help me and many others stay injury-free and achieve our ultimate Olympic goals." - **Jackie Joyner Kersee, six-time Olympic medalist and multiple world record holder**

About the Author

Robert Forster, PT, has practiced Sports Physical Therapy in Santa Monica, CA, for 31 years. Robert has lectured throughout the US and Europe on Sports Rehabilitation and safety in exercise. Robert served as a private physical therapist at four Olympic Games for Olympians Jackie Joyner-Kersee, Florence "Flo-Jo" Joyner, Alyson Felix and their teammates who have won a combined 32 Olympic Medals under his direct care. He also worked pro athletes Pete Sampras, Kobe Bryant, Elton Brand, Maria Sharapova, as well as M.M.A. champions including B.J. Penn. Robert has published several articles in the scientific press and co-authored *The Complete Water Power Workout Book* published in 1993 by Random House. He has also written a regular column in *Triathlete* magazine, appeared in several episodes of the popular *Fit to Hit* series on the Tennis Channel and recently created the Herbalife 24 Fit Exercise Video for the world's leading weight loss company.

Roy M. Wallack is a Los Angeles Times health and fitness columnist and former editor of *Triathlete* and *Bicycle Guide* magazines. A participant some of the world's toughest running, cycling, and multisport events, including the Boston Marathon, Badwater UltraMarathon, Eco-Challenge, La Ruta de los

Conquistadores, and TransRockies Run, he finished second in the World Fitness Championship in 2004. Wallack has written for Outside, Men's Journal, Runner's World, Competitor, Bicycling, Mountain Bike, and authored The Traveling Cyclist: 20 Worldwide Tours of Discovery (1991) and Bike for Life: How to Ride to 100 (2005), an athletic longevity plan for cyclists.

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