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Runners World The Body How

Research published by the Technische Universiteit Eindhoven in the Netherlands says your mindset could play a major role in reducing injury risk. Researchers found a link between lower injury risk and ...

How Your Mindset Can Play a Role in Injury Prevention

Enter: paddle boarding, a fun summer activity that can also serve as your cross-training workout. Paddle boarding has gained popularity in recent years. Since 2011, the number of U.S. participants who ...

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The Beginner ' s Guide to Paddle Boarding, a Fun Way to Cross-Train This Summer

Through their performances in Eugene, Faith Kipyegon and Allyson Felix, among others, gave inspiration to one mother-to-be.

How Mothers at the World Championships Helped a Mother-to-Be Move Forward

This accomplishment felt extra fulfilling because, since coming to Eugene to attend the championships as part of a media group hosted by Nike, I ' d found myself questioning: Was I really a runner?

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Surprisingly, Watching Elite Runners Compete Made Me Feel
More Secure in My Amateur Efforts

Calling myself a “ runner ” made me feel like an imposter ...
(INSIDER) These feelings of imposter syndrome can also spread
beyond body image issues. Instagram is a highlight reel full of ...

How This Marathoner Learned to Love Her Body and Finally
Embrace the “ Runner ” Identity

The cancellation of the Manitoba Marathon due to extreme heat
may provide a case study for athletic event management in extreme
weather. As researchers in kinesiology and recreation management,
we ...

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Lessons from a cancelled marathon: Athletic events, heat and the effects of climate change

Tyler Cameron, marathon runner, author, and television personality led the team. The three-time marathoner said, “ It ’ s important for people to hear their stories....what they ’ ve gone through, you ’ re ...

Career Inspiration From Three Marathon Runners: ‘ Do The Next Amazing Thing ’

The full force of his body falling jabbed one of the pole points into his upper ... Jenny, who is also a trail runner, said she was a little bit confused and panicky at first. She was unsure how ...

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Endurance runner ' s fall nearly proves fatal after trekking pole stabs leg

World-class runners compete on two different planes simultaneously ... Data from World Athletics, track and field ' s governing body, on official meets show more world records were set last ...

Records Fell at the Track Worlds. A Trend? Not So Fast.

Five functional exercises make up this upper body kettlebell workout that targets your arms, shoulders, chest, back, and core.

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An Upper Body Kettlebell Workout to Build Strength and Stability
The steeplechase is known for its obstacles—but runners at the World Athletics Championships had an unexpected hazard to contend with on Monday night. A cameraman wandered onto the track during ...

Cameraman Accidentally Blocks Steeplechase Runners After Being Distracted by Women ' s Event

Your body briefly increases your plasma volume ... Her work has appeared in numerous publications, including Runner's World, The New York Times, and Outside. Her latest investigative project ...

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How to Tweak Your Workouts as the World Gets Hotter
Stronger Longer And Faster Rese Tucker
Ever wondered about the world's fastest animal? Wonder no more. Here is your guide to nature's speediest creatures by land, air, and sea.

What is the fastest animal in the world? The quickest creatures on land, air and sea.

To prepare the body for any activity, the eBook recommends warm-up activities before running, such as foam rolling to boost muscle function and avoiding damage later. The book recommends runners

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