



Yoga for Runners

Lexie Williamson

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Running is a fantastic cardiovascular workout that floods the body with 'feel good' endorphins and many runners find its rhythmic, repetitive nature a natural stress reliever and maybe even meditative. The downside of repetitive motion, however, is that it taxes a few select groups of muscles (hamstrings, quadriceps, hip flexors and Achilles) and neglects the remainder. This leads to muscular imbalances and, eventually, injury.

This book addresses these imbalances by using yoga postures to both stretch and lengthen these short, tight running hotspots in a way that is time-efficient and highly targeted.

Like yoga it's a union of all these physical and mental aspects that affect the performance of the runner as a whole. Practice the techniques together to become a stronger, smoother runner who is less prone to injury. Breathe deeper and more efficiently to train for longer. Gain a clear head to tackle negative distractions as you train or race, and in life generally. Also included in this enhanced ebook are twelve video clips of selected yoga postures and sequences.

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