



Ready to Run: Unlocking Your Potential to Run Naturally

Kelly Starrett

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Is there a bridge from the injury-ridden world of the modern runner to the promised land that barefoot running and *Born to Run* have led us to believe exists? Can we really live the running life free from injury? Is there an approach designed to unlock all the athletic potential that may be hidden within? Can we run faster, longer, and more efficiently?

In a direct answer to the modern runner's needs, **Dr. Kelly Starrett**, author of the bestseller *Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance*, has focused his revolutionary movement and mobility philosophy on the injury-plagued world of running.

Despite the promises of the growing minimalist-shoe industry and a rush of new ideas on how to transform running technique, more than three out of four runners suffer at least one injury per year. Although we may indeed be "Born to Run," life in the modern world has trashed and undercut dedicated runners wishing to transform their running. The harsh effects of too much sitting and too much time wearing the wrong shoes has left us shackled to lower back problems, chronic knee injuries, and debilitating foot pain.

In this book, you will learn the 12 standards that will prepare your body for a lifetime of top-performance running. You won't just be prepared to run in a minimalist shoe—you'll be Ready to Run, period.

In *Ready to Run*, you will learn:

- The 12 performance standards you must work toward and develop on an ongoing basis.
- How to tap into all of your running potential and access a fountain of youth for lifelong running.
- How to turn your weaknesses into strengths.
- How to prevent chronic overuse injuries by building powerful injury-prevention habits into your day.
- How to prepare your body for the demands of changing your running shoes and running technique.
- How to treat pain and swelling with cutting-edge modalities and accelerate your recovery.
- How to equip your home mobility gym.
- A set of mobility exercises for restoring optimal function and range of motion to your joints and tissues.
- How to run faster, run farther, and run better.

Ready to Run: Unlocking Your Potential to Run Naturally Details

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From Reader Review Ready to Run: Unlocking Your Potential to Run Naturally for online ebook

Viv JM says

Lots of very useful information - now to put it into practice!

Caroline says

I think this is a worthwhile read if you've had a few injuries and are interested in an approach to prevention. The general message is one of maintaining flexibility and joint range of movement. My only gripes are that it's not a great book to read, I found the continued product placement and repeated use of words like 'smash' irritating. The book is also light on explaining the scientific mechanism behind some of the techniques it recommends, for example why or how does wrapping a problem joint tightly in a large elastic band to work its range of movement (or 'voodoo flossing') help? I didn't expect this book to give evidence down to the level of case controlled studies in peer reviewed journals, but just a little bit more detail would've been nice.

Diane says

I've read several books about running, all helpful in their own way, but in terms of giving the reader fantastic exercises to increase their mobility, this is the best I have come across. I read the entire book, but one could skip to the back where the author explains his "12 standards" and gives tests the reader can do to determine where he or she does not meet the standards. The last section, section 3, is a series of mobility exercises tied to each standard. You do have to go back and forth a bit to see which exercises are recommended for which standard as the exercises are listed after each standard and the comprehensive list at the end does not exactly cross-reference back to the standards. However, it is also pretty obvious which body part the exercise targets and if you know you are tight or sore or weak there, then that's one you should do. I was amazed how much some of these helped me, even after one session. It's clear that the stretches and flexibility work I've been doing has not been getting deep enough or to the source of the problem in many cases.

I would recommend this book to anyone who runs regularly and has pain or tightness. I also cycle both indoor and outdoor regularly, and many of the exercises would be helpful to cyclists, too. Lots of great ideas on how to do your own hip releases, increase your dorsiflexion, "reset" your hip socket, etc. Plus, the author shows you tools you can use such as foam rollers and Lacross balls, and gives pictures of each tool being used. He does show several "specialized" rollers and balls that are sold online, but gives options for cheaper "home" versions of the same thing.

While following the full program he delineates might take 20 minutes a day, he explains which 2 minute exercises one should do every day for optimum flexibility and pain reduction. These altogether add up to a 10 minute a day program that if done daily will help every runner run more efficiently and with less wear and tear on the joints. Ideally, that will improve one's run. If nothing else, it should prevent being sidelined so often from those nagging, recurring injuries almost every runner experiences.

John says

I've taken this thing completely to heart. The difference in my plantar fasciitis from one Voodoo floss band wrap session on my right foot is insane; left foot still brittle and spiky as heck when I get out of bed. Love the stretches/mobs, zero drops for walking, emphasis on going barefoot, electrolytes, compression gear, never sitting, and think this was life changing. Couldn't care less if non-friends/fam give it a try, but it deserves five stars.

P.S. read the entire thing on my three tube stop long commutes, I think this book is going to heal me up and get me off that tube asap.

Mark says

Great Book packed full of information, some old, some new, mostly all useful.

Keith Marran says

I found this book to be full of very helpful tidbits to prevent injury, increase my running power, and move through life more solidly and comfortably. There's a whole chapter dedicated to shoes so I now know exactly what I want and don't want out of a running shoe.

If you're looking for an inspiring "you can do it" book about running, this isn't it. This is the book that will keep you running your whole life.

He includes exercises for your whole body, so it is a book I will reference a lot. But the core of the book is about running.

Bálint says

Absolutely loved this book. After having told by many doctors, physiotherapist, chiropractors, etc. that nothing can be about my knee apart from just "stop running", now I have hope that I can "fix myself". The book offers numerous stretching and mobilizing exercises that one needs to practise daily, but it looks promising. My next order of business now is to reread the whole book and make thorough notes, then build a stretching plan for myself and start doing it. I should see results in a month or so, and very excited about it.

Lowell Paige Bander says

"All humans should be able to perform basic maintenance on themselves."

A fantastic book on avoiding running injuries, in a style very similar to Starrett's "Becoming a Supple Leopard." That is, if you incur an injury, it isn't because you need more expensive shoes or you need to stop running -- it's because you are insufficiently mobilized, or have bad motor patterns, or are dehydrated, have shoes with too much heel.

Bas says

Lots of overlap with supple leopard, but some good tests to identify weaknesses with running mechanics.

MrsJoseph says

The last time I went on a run I blew out my right hamstring. I've gone through numerous books like *Ready to Run* since my injury. Not a single book has any information to assist with rehabbing a hamstring strain back into "running shape."

Ready to Run has run back to the library. There are a lot of things in the book but nothing helpful at this moment.

Christieclaireus says

This is a must read for anyone who enjoys running or athletics. Reading this turned on a lightbulb in my brain about how to approach running, and really any kind of athletic training, in a healthy way that will provide longevity. I'm not sure I would have the motivation to make some of these changes without injury, but it would be so much better to learn to practice some of the things taught in this book BEFORE injury to hopefully avoid it. Thanks Geoff Finley for sharing, I'm so glad I read it!

Samuel W. says

If you're tired of nagging injuries limiting or stopping your runs, then this book will give you a range of methods to attack the underlying issues. Now in my 50's and attempting to referee over 200 soccer games a year, I've had trouble maintaining an injury free season. Working all day in a cubicle was not helping matters. Kelly Starrett has useful information that anyone can implement. And while we all need a day off to heal, his regimen is a daily combo of health tips, exercise tips and self massage tips to maintain the flexibility needed to take that next injury free run, or in my case, step onto the pitch. This is a relatively quick read that should reinvigorate your runs.

Jeff Namadan says

As always, K-Star is spot on. Now I just need to commit to what he prescribes. It's only 10 minutes a day, I can find that much time though the real results come from more time. Baby steps (no pigeon feet allowed!)

Jessica says

Five stars for now - will see in a couple months if it works!

Hitessh Panchal says

Okie Dokie,

Maybe this book is Right, But i am the wrong person for it. It teaches , how a seasoned athlete can avoid injuries while running.

there were many good stretches , that were new and good.

If you are already a marathon runner, use it . If you are casual runner, this book will be of little help.

Looking forward to read the author's next book though "Deskbound: Sitting is the new Smoking"
