Run Simple: A Minimalist Approach to Fitness and Well-Being

By Duncan Larkin

Westholme Publishing, U.S. Paperback. Book Condition: new. BRAND NEW, Run Simple: A Minimalist Approach to Fitness and Well-Being, Duncan Larkin, In this age of instant information and new technologies, marathoner and fitness instructor Duncan Larkin recommends that runners get rid of their iPods, pace calculators, and heart monitors while exercising. Rather than helping a runner to improve, the author contends that these devices can be a detriment to both performance and the benefits of a training program. Written in direct, clear language, "Run Simple: A Minimalist Approach to Fitness and Well-Being" is a practical and inspirational pocket guide for runners of all abilities. The author s goal is to share with his fellow runners the principles he has discovered that prevent burn out and promote the maximum physical and mental benefits of running. Beginning with a discussion about the role of electronic devices and other equipment that have become commonplace among the millions of persons who run every day, the author explains how to return to a simpler way of exercising and training, including running plans that demonstrate the benefits of watch-free running. He also recommends replacing a gym membership with alternative exercises that can be done at home as...

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