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BUILD YOUR RUNNING BODY Just as  
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runners need to target the individual components of our running body.

Specificity in training, not some generic quantity of...

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Running can build lower body muscles, but it largely depends on the intensity

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called protein synthesis—the larger your muscles grow. But your body is constantly draining its protein reserves for ...

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your ultimate running body Whether you're a miler or an ultramarathoner, if

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you want a fit, fast, and injury-resistant running body, there's a better way to train than relentlessly pursuing mileage. Target all the components that go into every stride: muscles, connective tissue, cardiovascular fitness, energy production, the nervous system, hormones, and the brain.

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**FAST 5K RUNNING**

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## **Running And Bodybuilding - 5 Awesome Reasons To Combine**

Thus, running allows to increase the intensity of your workouts, work with

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bigger weights and speed up the muscle growth. While running regular loads cause the body to burn calories, processing fat reserves into energy needed for recuperation. This leads to an improvement of body relief. Leg muscles can be greatly worked through running.

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**Build Your Running Body | The Experiment**

An author, journalist, and blogger, Pete Magill's first book, BUILD YOUR RUNNING BODY, was named a Publisher's Weekly "Best Book of 2014," and his subsequent books have covered the science behind

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Plan For All Distance Runners  
training and racing at distances ranging  
from 40 yards to the marathon, and for  
runners both new and experienced. See  
New Book: FAST 5K  
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## **The Running Corps - FAST 5K RUNNING**

Running is a great way to combine the  
efforts of many different physical



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practices into one. It increases endurance, builds muscle to maintain an optimal body fat composition, promotes cardiovascular health, strengthens the heart, and even improves your overall mood.

## **How Running Changes Your Body | The Active Times**

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Sit on a chair, rest your right ankle on your left knee and gently twist your foot round and up with your hands. Do 3 x 10 secs per leg. b / How can I strengthen it?

## Faster And Injury Free Pete Magill

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