



Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon

By Danny Dreyer, Katherine Dreyer

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From the authors of the bestselling *Chi Running*, a game-changing training guide for injury-free long distance running.

In *Chi Marathon*, Danny Dreyer, creator of the revolutionary ChiRunning program, highly respected running coach, and accomplished distance runner, takes a whole-body approach to long-distance running—much like T'ai Chi—making ease and efficiency of movement the prime goal of one's training. *Chi Marathon* is the first book to focus not on building stamina first (though that is covered here) but on how to run all those miles without harming your body. A staggering 80 to 90 percent of marathoners face injuries during their training. This book debunks the myth that marathoners need to push through and beyond pain, and presents a technique-based plan for pain- and injury-free, high-performance half and full marathons. *Chi Marathon* also shows how to improve your performance by developing your own race-specific training plan tailored to your event, and will help you cross the finish line feeling strong no matter your age, body type, or running ability.

- Run a marathon or half marathon free of pain and injury
- Transform your racing with the training triad: form, conditioning, and mastery
- Tap into your chi, an energy source more powerful and enduring than muscles
- Teach your mind and body to work together as a team and master your event

This is the book that distance runners have been waiting for. With *Chi Marathon* you can enjoy the run and feel confident no matter the distance.

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Editorial Review

Review

“Running is meant to be enjoyed, not endured. Thanks to Danny Dreyer you can release your fear of injury so that you can enjoy what is important—the ability to get out into the open air and do what is so natural, pacifying, and nourishing to the mind and body.” —**Catherine McKiernan, former Olympian, world cross-country champion, and winner of the London, Amsterdam, and Berlin marathons**

"Learning the easiest way to run a marathon--like finding the easiest way to swim one--isn't undemanding. It's exacting, in place of exhausting. It requires critical, not reflexive, thinking. But that sort of difficulty is the sort that leads to Mastery, Happiness, and even a high-functioning brain. Chi Running is on the cutting edge of how people will pursue physical, mental and spiritual fitness in the 21st Century." --**Terry Laughlin, author of *Total Immersion: The Revolutionary Way to Swim Better, Faster and Easier***

"The Dryers don't believe in "no pain, no gain" for runners. Instead, their holistic approach is a smarter and healthier way for runners to fully develop balanced body mechanics for an injury-free life. The old school, conventional running trends have created too much ill-health and pain for all athletes, but *Chi Marathon* changes all that. Regardless of your age and experience, you'll learn how to run efficiently from head to toe. The result is more enjoyable, and you will now finish marathons and other endurance races feeling refreshed rather than wasted." --**Dr. Philip Maffetone, author of *The Big Book of Endurance Training and Racing***

"*Chi Marathon* is the perfect plan for sustainable running for all ages, abilities and for all distances, whether you enter an event or not." --**Mark Cucuzzella, MD, Professor, West Virginia University School of Medicine**

“Chi Marathon emphasizes the mental and physical components of running and encourages runners to be aware of how their bodies are responding during a run. The tone of the book is positive, and it supports the idea that proper technique is the key to pain-free running. The Dreyers expertly detail how to prepare for a race...many runners are likely to find value in the Dreyers’ program.” --**Booklist**

About the Author

Danny Dreyer, an esteemed walking and running coach, is a nationally ranked ultramarathon runner. He conducts workshops nationwide and lectures frequently at races and events. He is the coauthor, with Katherine Dreyer, of *ChiRunning*.

Katherine Dreyer has more than thirty years of experience in the health, personal growth, and fitness fields. She partners with Danny to coordinate the international ChiRunning, ChiWalking, and ChiLiving programs.

Users Review

From reader reviews:

Catherine Rubio:

Spent a free time to be fun activity to do! A lot of people spent their spare time with their family, or their very own friends. Usually they undertaking activity like watching television, about to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Might be reading a book could be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to test look for book, may be the e-book untitled Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon can be very good book to read. May be it could be best activity to you.

Margaret Gray:

Playing with family within a park, coming to see the coastal world or hanging out with friends is thing that usually you have done when you have spare time, in that case why you don't try factor that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon, you are able to enjoy both. It is very good combination right, you still need to miss it? What kind of hang-out type is it? Oh can happen its mind hangout fellas. What? Still don't buy it, oh come on its called reading friends.

Jere Bingham:

Reading a book to be new life style in this season; every people loves to read a book. When you examine a book you can get a wide range of benefit. When you read guides, you can improve your knowledge, simply because book has a lot of information upon it. The information that you will get depend on what types of book that you have read. If you need to get information about your study, you can read education books, but if you want to entertain yourself look for a fiction books, this sort of us novel, comics, and also soon. The Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon provide you with new experience in studying a book.

Robert Mangino:

Don't be worry should you be afraid that this book will filled the space in your house, you will get it in e-book technique, more simple and reachable. This kind of Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon can give you a lot of buddies because by you taking a look at this one book you have factor that they don't and make a person more like an interesting person. This specific book can be one of a step for you to get success. This book offer you information that maybe your friend doesn't understand, by knowing more than other make you to be great folks. So , why hesitate? Let's have Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon.

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