



# Running Barefoot The Complete Course (Volume 1)

*Dr John C English*

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## **Running BarefootThe Complete Course (Volume 1)** Dr John C English

Interested in barefoot or minimalist running? Want to learn how to reduce injury and run faster? Barefoot Running: Complete Course is everything you wanted to know about why running barefoot is the anatomically correct way to run. It also includes a complete training program for the beginner and advanced runner.

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