

Dr. Nicholas Romanov's Pose Method of Running (Dr. Romanov's Sport Education)

By Nicholas Romanov

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Dr. Romanov's Pose Method Of Running brings his revolutionary ideas that changed the world of running to the professional athlete and amateur alike. In a very succinct and enjoyable manner, it teaches one to perform to the very best of his ability, using the Pose running technique. In ballet, or martial arts, one requires practice of technique. The same is true of running. Unless you are one of the lucky ones, like Haile Gebrselassie, Steve Prefontaine, or Michael Johnson, who were born with the perfect technique, you have to learn it. Until Dr Romanov's discovery there was no coherent theory on the subject. Running was practiced, but not taught as a skill. The Pose Method proposes to teach running as a skill with its own theory, concepts, and exercises.

Like any brilliant idea, the idea behind the Pose Method is simple. Every movement is built on an infinite number of poses, or positions, through which the body goes in space and time. In running, Dr. Romanov focuses on only one pose, which he calls the Running Pose. It is a whole body position, with vertically aligned shoulders, hips and ankles that creates an S-like shape of the body. The runner then changes the pose from one leg to the other allowing gravity to draw him forward. This creates forward movement, with the least energy cost, and the least effort. The end result is faster race times, easier running and no more injuries!

Many have been asking for this book and are awaiting it eagerly. USA and British Triathlon teams have been working with Dr. Romanov with great success. Scientific research on the Pose Method effects on runners was conducted at the USA Olympic Training Center (Colorado Springs) in 1997, at Florida Atlantic University (Boca Raton, FL) in 1998-2001, at Sheffield Hallam University (Great Britain) in 2001, at Kubansky State University (Krasnodar, Russia) in 2002, and at Cape Town University (South Africa) in 2002 with Tim Noakes, author of the Lore Of Running, the runner,s bible. The results of the last research are very impressive. The load on knee joints is reduced 30%, the incidence of other injuries is drastically diminished. The method allows the athletes to run easier, faster, longer, and most significantly, injury free.

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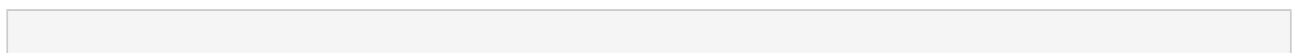
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Editorial Review

Review

Radically change your form, eliminate injuries, enhance endurance, raise speed... have we got your attention yet? --*220 Triathlon Magazine Review: Pose Method® of Running*

Romanov's book is an excellent source of clearly explained, specific, testable, and pragmatic instruction on running form. --*Santa Barbara Athletic Association Book Review: The Pose Method® of Running*

The Revolutionary way to run faster... now --*Graham Fletcher, 220 Triathlon Mag., #145 Summer 2002*

From the Publisher

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From the Author

PREFACE to "POSE Method® of Running"

By Nicholas Romanov, Ph.D.

April 18, 2004

The Pose Method® of Running, the result of over 25 years of studying human movement and developing a singular approach to running technique. Never before has a running book started with the notion that you must first learn how to run before you begin to train for running.

Instead of loading you down with information on exercise heart rates, pacing, tactics, rest, and nutrition – all of which are very important components of the total running experience – The Pose Method® of Running gets right to the heart of the matter with drills and routines designed to make you an efficient, capable runner. And once you know how to run, you'll find that all the rest of it comes very easily and naturally.

Think about it. If you can't hit a tennis ball over the net, there is no sense in playing a match. If you can't drive a golf ball past the end of the tee, why tee it up for 18? And if you can't run in a relaxed, efficient, injury-free manner, why toe the line at a local 10K or triathlon?

The Pose Method® of Running in all likelihood will be easier to use for novice runners, who have no preconceived notions of technique and training, but it may have more long-term value for veteran runners who may have become frustrated by chronic injuries or failure to improve beyond a certain plateau. The novice will appreciate the simple steps necessary to adapt to the Pose Method® and will literally be able to get off on the right foot in taking up the sport.

Will the Pose Method® of Running truly make you a faster runner who suffers fewer injuries? The answer is clearly "yes", if you master the technique and make a sensible training regime a part of your life. And you know what? You may even thank the person who gave you this book in the first place, particularly if you grow to love running even half as much as I do.

Users Review

From reader reviews:

Jessie Lloyd:

Do you have favorite book? When you have, what is your favorite's book? Reserve is very important thing for us to be aware of everything in the world. Each publication has different aim or goal; it means that e-book has different type. Some people truly feel enjoy to spend their time to read a book. They can be reading whatever they acquire because their hobby is definitely reading a book. Consider the person who don't like looking at a book? Sometime, man or woman feel need book once they found difficult problem as well as exercise. Well, probably you'll have this Dr. Nicholas Romanov's Pose Method of Running (Dr. Romanov's Sport Education).

Jessica Hurst:

Book is to be different for each grade. Book for children until finally adult are different content. As we know that book is very important usually. The book Dr. Nicholas Romanov's Pose Method of Running (Dr. Romanov's Sport Education) has been making you to know about other know-how and of course you can take more information. It is very advantages for you. The e-book Dr. Nicholas Romanov's Pose Method of Running (Dr. Romanov's Sport Education) is not only giving you more new information but also to get your friend when you sense bored. You can spend your spend time to read your book. Try to make relationship together with the book Dr. Nicholas Romanov's Pose Method of Running (Dr. Romanov's Sport Education). You never feel lose out for everything when you read some books.

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