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TIPS ON BRAIN TRAINING FOR RUNNERS | ASICS US

Brain Training For Runners A Matt Fitzgerald is an acclaimed endurance sports and nutrition writer and a certified sports nutritionist. He is the bestselling author of more than a dozen books on running and fitness, including 80/20 Running, Brain Training for Runners, Racing Weight, and Iron War, which was long-listed for the 2012 William Hill Sports Book of the Year. He is a columnist on

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Brain Training For Runners: A Revolutionary New Training System To Improve Endurance, Speed, Health and Results is a book that has been written after thorough research in the field. It gives valuable advice that is easy to apply. It was published by NAL Trade in its first edition in 2007 and is available in paperback. Key Features:

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It's important not to let the bad days get you down, when it comes to brain training for runners. You might run 14 miles one day, feeling light on your feet and efficient the whole way. Then you might run five miles two days later feeling heavy and sluggish. When you have an off day, do these two

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