

Chirunning A Revolutionary Approach To Effortless Injury Free Running

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ChiRunning A Revolutionary Approach to Effortless Injury

November 15th, 2018 - 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 runningâ€”much like Taiâ€™mai Chi

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