

**RUN: The Mind-Body Method Of Running By Feel By
Matt Fitzgerald**

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Fitzgerald explores the run-by-feel practices of elite runners and draws on new research to explain why their techniques can be effective for all runners.

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Matt Fitzgerald has put together a wonderful book on how to use that big brain of yours to excel in running and feel your way to superior performance.

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Matt Fitzgerald is an award-winning endurance sports journalist and bestselling author of more than 20 books on running, triathlon, fitness, nutrition, and weight

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Tuesday Training Tip: In Run The mind-body method of running by feel , Matt Fitzgerald talks about striking the right balance between listening to your body

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For example, for a forthcoming Inside Triathlon article I recently conducted three hours of interviews with Samuele Marcora, a brilliant exercise scientist working at

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Matt Fitzgerald is an award-winning endurance sports journalist and bestselling author of more than 20 books on running, triathlon, fitness, nutrition, and weight

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