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Matt Fitzgerald**

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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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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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schema:datePublished " 2010 " schema:description " The best elite runners have learned that the key to faster running is to hear what your body is telling you.

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Trail Running Podcasts, Gear Reviews and Community With over 20 books written for the endurance athlete, Matt Fitzgerald is one of the sport s leading authors.

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RUN: The Mind-Body Method Of Running By Feel . By Matt Fitzgerald, Published Apr. 29, 2010, Updated Apr. 30, 2010 at 9:28 AM UTC

Run: the mind- body method of running by feel

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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This is a fresh, sophisticated, and proven method of training that capitalises on running's growing rebellion against mainstream traditional approaches.

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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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