

# **Running Form Drills [Kindle Edition] By Brian Martin**

**By Brian Martin**

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Aug 18, 2013 Author of "Running Technique" Brian Martin discussed how to use strides as a training technique with Coach Mark Gorski.

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This is the biography page for Brian Martin. Brian Martin is an fitness instructor and running tragic. Brian has Running Form Drills continues Brian Martin's

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Running Form Drills continues Brian Martin's examination of good running technique. This book explains how to practice running form drills and gives unique insights

I ll leave the last word on simplifying your running experience to Anton Krupicka: Btw Brian, recently bought your book(Kindle Running Form Drills on

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