



# The Running Revolution: How to Run Faster, Farther, and Injury-Free--for Life

By Nicholas Romanov, Kurt Brungardt

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**From a two-time Olympic coach and creator of the Pose Method who has trained the running elite, an essential guide for all runners seeking to go faster and farther without injury**

Christopher McDougall's *Born to Run*—and the wildly popular natural running trend it sparked—changed the way we think about running, but it has also prompted many questions: Have we been running the wrong way? And, have we been running in the wrong kind of shoe? What is the safest type of foot strike? How many types are there? And what is a foot strike anyway? No existing guide has clearly addressed these concerns—until now. *The Running Revolution* provides both beginning and experienced runners with everything they need to know in order to safely and efficiently transition to and master a safer and more biomechanically efficient way of running that is guaranteed to improve performance and minimize wear and tear on the body.

More than a one-size-fits-all guide, *The Running Revolution* provides readers with clear instructions, complete with helpful illustrations, that they can easily integrate into their unique running histories in order to run safely, intelligently, and efficiently for many years to come.

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### Editorial Review

#### Review

“The Pose Method of running has not only eliminated my injuries, it has been an integral part of continued improvement in my chosen sport. In fact at 52 years of age I am still improving. A bonus of the Pose Method for me has been significant health and strength improvement. My journey has been patient and progressive and had I continued to run as I did previously I believe I would now be limited to playing board games. My advice is to be patient and persevere; it truly is worth it.”

—**Terry Roberts**, 28 time Ironman finisher and Ironman Australia legend

“I have used these principles to develop running skill in US Army Soldiers since 2008 and have seen decreases of up to four minutes on a two-mile run within just two weeks.”

—**Dr. Charles Blake**, US Army Major and Physical Therapist

“About one year ago, I could not run 50 yards without extreme IT Band Syndrome pain. I spent 30 minutes with Dr. Romanov and could run as far and as much as I wanted pain free. Today, I am the USA Paratriathlon National Champion.”

—**David Kyle**, Associate Director of Health and Physical Education, University of Alabama

“The material and insights detailed in *The Running Revolution* are scientifically, physically, and emotionally profound. The Pose Method has the potential to be used as a standard by which running performances can be evaluated, coached, and enhanced. If you are a runner looking for a resource to reduce injury risk, improve performance, and build your training program, look no further. In 25 years of working with running athletes, I have yet to find a more meaningful resource.”

—**Tom Whipple**, Physical Therapist, Penn State Sports Medicine and author of *The Endurance Paradox*

“Romanov’s teachings have dramatically changed and fundamentally shaped the way we think about, understand, and teach not only running, but all movement. I can say unequivocally, that no other information I have acquired in my career has influenced my teaching process more. The Pose Method is the only teaching method we use for our runners at LA PALESTRA.”

—**Pat Manocchia**, former “Good Morning America” fitness expert and founder of LA PALESTRA Center for Preventative Medicine

“To tens of thousands of runners, including me, Nicholas Romanov walks (and runs) on water. Approaching running as a skill to be learned, his groundbreaking, much-copied Pose Method established a new paradigm, promoting a soft, natural landing that minimizes impact, maximizes speed, eliminates injuries, and saves running careers. No one thought about form until Romanov came along; now we know that it is crucial. I’ve interviewed dozens of runners who simply would not be running without it.”

—**Roy M. Wallack**, author of *Barefoot Running Step by Step* and *Run for Life*

“The Pose Method of running has been a crucial component of my Physical Therapy practice. Not only does this method offer a clear standard for teaching and modifying running form, it also allows runners to run more efficiently. I instruct my patients in the Pose Method before allowing them to run again. Since adopting this practice I have seen patients who were unable to run for years, not only start running again, but do so pain free. Other patients have shaved one to two minutes, on average, off of their two-mile Army Physical Fitness Test run times. Since learning the Pose Method, I have personally dropped my half

marathon time by 10 minutes.”

—**Major Angela Diebal**, US Army Physical Therapist

“There’s no doubt about it, the Pose Method made me a more efficient runner. And the beauty of the system is that no matter who you are, if you stick to the principles and apply them in each training session, you can’t help but improve.”

—**Andrew Walters**, Elite Australian Marathoner, Pose Method coach and founder of Setai-Do Australia

“I discovered Dr. Romanov’s Pose Method about four years ago, and it has changed the way I understand running. Since then both my athletes and I have gained the ability to run great distances with less stress on the body, faster recovery and reduced running-related injuries. This book will help transform you into a smoother, more confident athlete.”

—**Gil Cramer**, Running Technique Specialist and elite Ultra Marathoner

“Movement skill is foundational for the performance community. Dr. Romanov brings the same approach to running. Romanov’s *Running Revolution* is the common standard upon which running skill can be built.”

—**Major David Feltwell**, US Army Physical Therapist

“Dr. Romanov has spent the majority of his life thinking about running problems and in close to one day the solutions came to him: Pose Method. I am overwhelmed by gratitude when I ponder how much time Dr. Romanov has invested into solving many of the running problems we have not understood in the past.”

—**Debbie Savage**, Strength and Conditioning Coach, Australian Sports Commission and former elite sprinter

“Romanov’s years of research and practice, coupled with Brungardt’s instructional writing, should be inspiring and informative for casual joggers and marathon runners alike.”

—**Publishers Weekly**

#### About the Author

**Nicholas Romanov** is a two-time Olympic coach and world-renowned sports scientist known for creating the Pose Method. He consults with elite athletes and professional teams around the globe. Over the last several decades, the Pose Method has been utilized at an institutional level with large organizations including the United States Military, CrossFit, and professional sports programs including the National Triathlon teams of Great Britain, the United States, and Russia. He lives in Miami.

**Kurt Brungardt** is one of America’s top personal trainers and fitness writers. His books include the national bestseller *The Complete Book of Abs* and *The Complete Book of Core Training*. He lives in New York City.

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#### THE RUNNING REVOLUTION

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—Debbie Savage, strength and conditioning coach, Australian Sports Commission, and former elite sprinter

## THE RUNNING REVOLUTION

DR. NICHOLAS ROMANOV is a two-time Olympic coach and world-renowned sports scientist with a career spanning more than forty years. He has conducted research worldwide, including in the United States, Canada, the United Kingdom, South Africa, and New Zealand. As a former elite record-holding national high jumper, Dr. Romanov created the Pose Method in the 1970s. He founded Romanov Academy in the 1990s to certify and educate coaches teaching sports technique. There are now thousands of Pose Method certified Technique Specialists worldwide. Over the last several decades, the Pose Method has been utilized at an institutional level with large organizations including the United States Military, CrossFit, and professional sports programs including the National Triathlon teams of Great Britain, United States, and Russia. Dr. Romanov also works with medical professionals including physical therapists, podiatrists and orthopedic surgeons. He travels around the world conducting research, consulting professional sports organizations, and as a motivational speaker. Dr. Romanov lives in Miami.

KURT BRUNGARDT has covered the sports and fitness beat for nearly twenty years. He has written ten books on fitness and sports training, including the bestsellers *The Complete Book of Abs* and *The Complete Book of Core Training*. He has written for *Men’s Health*, *SLAM*, and *Vanity Fair*. His 2007 feature article for *Vanity Fair*, “Galloping Scared,” was nominated for a Genesis Award. Most recently, he covered the 2010, 2011, 2012, and 2013 NBA draft for *SLAMonline*. He is the creator of the multipart documentary series *Undrafted* for *SLAMonline*, which started in 2012 and is now in its third year. He’s a contributor to *Weight Watchers* online and is the associate editor for the Web site *ProHoopStrength.com* (a Web site started by NBA strength coaches). He has also produced and directed exercise videos, most notably the *Billboard* Top 10 classic Abs of Steel for Men as well as *Action Sports Camp* (a workout for kids), hosted by NBA All-Star and champion Sean Elliot. He lives in New York City.

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Thank you to our friends Nicole Vassilaros, Chris Drozd, Ed Bugarin, Carol Jaxon, and Eike Schwartz for their tireless work in the studio as the best fitness models anyone could ask for.

I am grateful to the army of runners, triathletes, and fitness enthusiasts around the world who have accepted the Pose Method as their way of running, which continues to be my inspiration to continue perfecting my

work.

#### DR. NICHOLAS ROMANOV

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Thank you to everyone at Penguin, the editors, production staff, and marketing team for bringing this book to readers. Specifically, we'd like to thank our fantastic editors; this process started with Tara Singh Carlson, then moved on to Liz Van Hoose. Liz handed it off to Ramona Demme, who eventually handed it back to Tara for the last stages—true teamwork. Thank you to senior publicist Meredith Burks for her work, and finally editor in chief Patrick Nolan for his support of this project.

#### KURT BRUNGARDT

To Tracy Marx (sometimes Karl, sometimes Groucho), who is always a willing partner in >a revolution.

—K.B.

Advance Praise for The Running Revolution

About the Authors

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Acknowledgments

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INTRODUCTION

How to Run Like the Best in the World

Here's a breakdown of Usain Bolt's world record 100-meter race in Berlin in 2009: 9.58 seconds. Forty-one steps. Time on the ground—3.20 seconds. Time in the air—6.38 seconds. Running is flying.

If you watch it on YouTube, adding to the thirteen million-plus views, a feeling of wonder might surprisingly well up inside you. It's like seeing any great performance in sports or the arts; it takes you somewhere beyond. To see a human run that fast—faster than any other human on the planet has ever run (at least in modern history)—triggers something deep in the body about our movement potential, about our ability to master our mind-body relationship in an essential way, erasing perceived limits.

**Users Review**

**From reader reviews:**

**Carole Garner:**

Often the book The Running Revolution: How to Run Faster, Farther, and Injury-Free--for Life will bring that you the new experience of reading a new book. The author style to describe the idea is very unique. Should you try to find new book to see, this book very suited to you. The book The Running Revolution: How to Run Faster, Farther, and Injury-Free--for Life is much recommended to you to study. You can also get the e-book in the official web site, so you can more easily to read the book.

**Jessica Rodriguez:**

The book untitled The Running Revolution: How to Run Faster, Farther, and Injury-Free--for Life is the guide that recommended to you you just read. You can see the quality of the guide content that will be shown to you actually. The language that publisher use to explained their way of doing something is easily to understand. The article writer was did a lot of exploration when write the book, therefore the information that they share to you personally is absolutely accurate. You also could get the e-book of The Running Revolution: How to Run Faster, Farther, and Injury-Free--for Life from the publisher to make you a lot more enjoy free time.

**Terry Speller:**

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