



Runner's World Running on Air: The Revolutionary Way to Run Better by Breathing Smarter

By Budd Coates MS, Claire Kowalchik

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Renowned running coach Budd Coates presents Runner's World Running on Air, a revolutionary yet simple training method based on rhythmic breathing to help runners at all experience levels improve their performance, prevent injury, and experience the joy of running. Validating his method through a mix of accessible science, Eastern philosophy, and the experiences of test subjects, Coates shows readers how focusing on their breathing brings their minds and bodies into harmony and helps them run stronger, faster, and more comfortably.

Rhythmic breathing increases lung volume; improves awareness and control; helps prevent injury and side stitches; improves running for those with asthma; allows runners to quickly set a pace for quality training and racing; and helps athletes manage muscle cramps. This book reviews the basics of rhythmic breathing, teaching readers how to perform it while walking and, eventually, while running. Weeklong sample schedules from different programs shows readers how to apply the rhythmic breathing scale to any workout. Coates also touches on the importance of stretching, cross-training, and core training and provides detailed training plans and schedules.

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Editorial Review

About the Author

Budd Coates has an MS in physical education/exercise physiology and is a *Runner's World* Coach, a 2:13 marathoner, and a four-time qualifier for the US Marathon Olympic Trials. He lives in Emmaus, PA.

Claire Kowalchik is the author of *The Complete Book of Running for Women* and a writer/editor with twenty-plus years of experience. She lives in Emmaus, PA

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