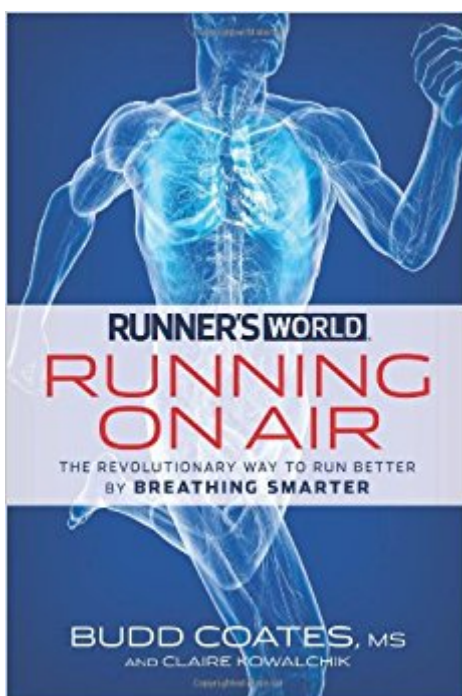


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# Runner's World Running On Air: The Revolutionary Way To Run Better By Breathing Smarter



## Synopsis

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.

## Book Information

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## Customer Reviews

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

The basic idea of the book boils down to two concepts: 3:2 and 2:1 breathing patterns -- alternate feet on the exhale. The rest is substantiation with irrelevant "runner profile" sections. I am not wholly disappointed, though, because the two concepts are extremely useful, and validating to something I had already done in my running prior to reading the book. I give it so few stars because he could have done better. For example, there is NO discussion of nasal breathing. How can you have a book on running and breathing and not address this issue? Second, the runner profiles don't really mean anything; they just seem like filler. The workouts, and the other stuff (stretching, strength training) wander away from the central thesis and it just becomes another book with canned workout routines. I skipped all that, and it is literally most of the book. I was looking for something that was more substantive on the science behind rhythmic/intentional breathing and its physiologic benefits. Unfortunately, that book remains to be written.

The entire book is just saying the same thing over and over with lousy testimonials. Still haven't finished reading because the author makes it so boring and drawn out without getting to the point. But what he is trying to say is pretty good. Breath in 3 steps and out for 2, or when you're working harder in 2, out 1, or if you're really pushing in 2, out 1, in 1, out 1. Pretty much all he says the entire book.

I work in a similar field as the author (breathing and running) and have a number of books published on same. Breathing should naturally become rhythmic when it is optimal and the body is relaxed. This is the sweet spot where breathing volume and metabolic requirements meet. Nose breathing is an essential part to this, as is breath holds to simulate high altitude training as well as everyday breathing. If everyday breathing is off- its just not going to correct itself during physical exercise. The breath itself is an amazing function and by altering it - we can influence many other functions. For example, many people can simulate high altitude training through breath holds, delay the onset of lactic acid, improve psychological preparedness and more. This book is great in that it highlights an area that is often forgotten in sports. Its time to go back to basics. Well done to Budd Coates.

Patrick McKeown

You live inside your fantastic body, Coates will remind you. But when you decide to go for a run, a bunch of external sensors are supporting your running. What about running from within? Much simpler. Just using your breathing pattern to compute effort. Remember, Coates would remark, you

can live without food for weeks, without water for days but without air for just few minutes. Paying attention to breathing will connect you back to your body. You may even avoid injuries because of privileged awareness of your own running machine.

I have done my bit of running and the importance of proper breathing while running and even biking for that matter is obvious. The technique to balance the breath given by the author is simple and VERY effective, I have been using it and highly recommend, the process becomes smother and the runner develops a consciousness about how his body is reacting based on the breath that is really good. The issue with the book however is that the author will describe the technique in two or three pages and that is all you need from the book - the rest is filling pages with reasons and evidence and comments which I found were unnecessary, but hey, how can you sell such a great technique if not a book with more than 100 pages? Worth buying but not reading entirely.

An incredible book with a great philosophy. I purchased this book about a month or two ago. I definitely haven't mastered all of the techniques taught, but after instilling them into my daily running, I've already noticed great improvements. I ran a 5K over the weekend and posted one of my best times within the past few years. Just when I was experiencing a long plateau of performance, this book came along and changed everything. Additionally, I had some hip pain that hasn't bothered me since using the breathing techniques in this book. I can't recommend this book enough for anyone looking to start running, experienced runners that have been dealing with injuries, or experienced runners struggling to break performance plateaus.

The concept's fine, I'm actively using the techniques described in the book when I run. However, the "content" where the author describes the what and how of the breathing techniques he's recommending takes up about one chapter. The rest of the books is fluff. This "content" could have easily been written as a single magazine article.

I'll echo what other reviewers have said, the breathing technique portion of this book is fairly short and is full of fluff. Every few pages there is a profile/testimonial from a runner who uses the author's breathing technique. Several chapters (before the technique has been explained) of why/where traditional breathing patterns fail and how the author's technique is better. The entire section of the book directly covering breathing (half of the book or less) can be read in an evening. The remainder of the book includes training programs for runners at various skill levels and includes plans for

preparing for different types/distance races. The training programs start with an introduction to running program for new runners. Four experience/skill levels of training programs for base and race training/prep are included. Although I was expecting more about breathing in the book (based on the title and description), I will keep and use the book. I haven't yet decided if the breathing technique is beneficial for me, but so far it seems to be no worse than any other technique I have tried. I will continue to experiment with it. I also like the training schedules and having them in one convenient place for reference.

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