

Pose Method of Running Companion Drill Book

By Dr. Nicholas Romanov



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This running drill booklet will assist you with drills and exercises demonstrated in the Pose Method® of Running DVD.

It's a handy 28 page booklet that has illustrations, detailed descriptions and explanations of the drills necessary to perfect the Pose Running technique.

These drills and exercises along with training recommendations are also now available as online video series 12 Week Transition Program for Runners available on YoutTube youtube.com/LearnHowToRun and Vimeo vimeo.com/ondemand/becomeabetterrunner

To learn more about the Pose Method® and it's developer please visit posemethod.com



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