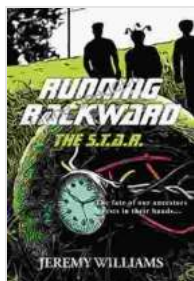


Running Backward with Jeremy Williams: An Exclusive Interview



Running Backward by Jeremy Williams

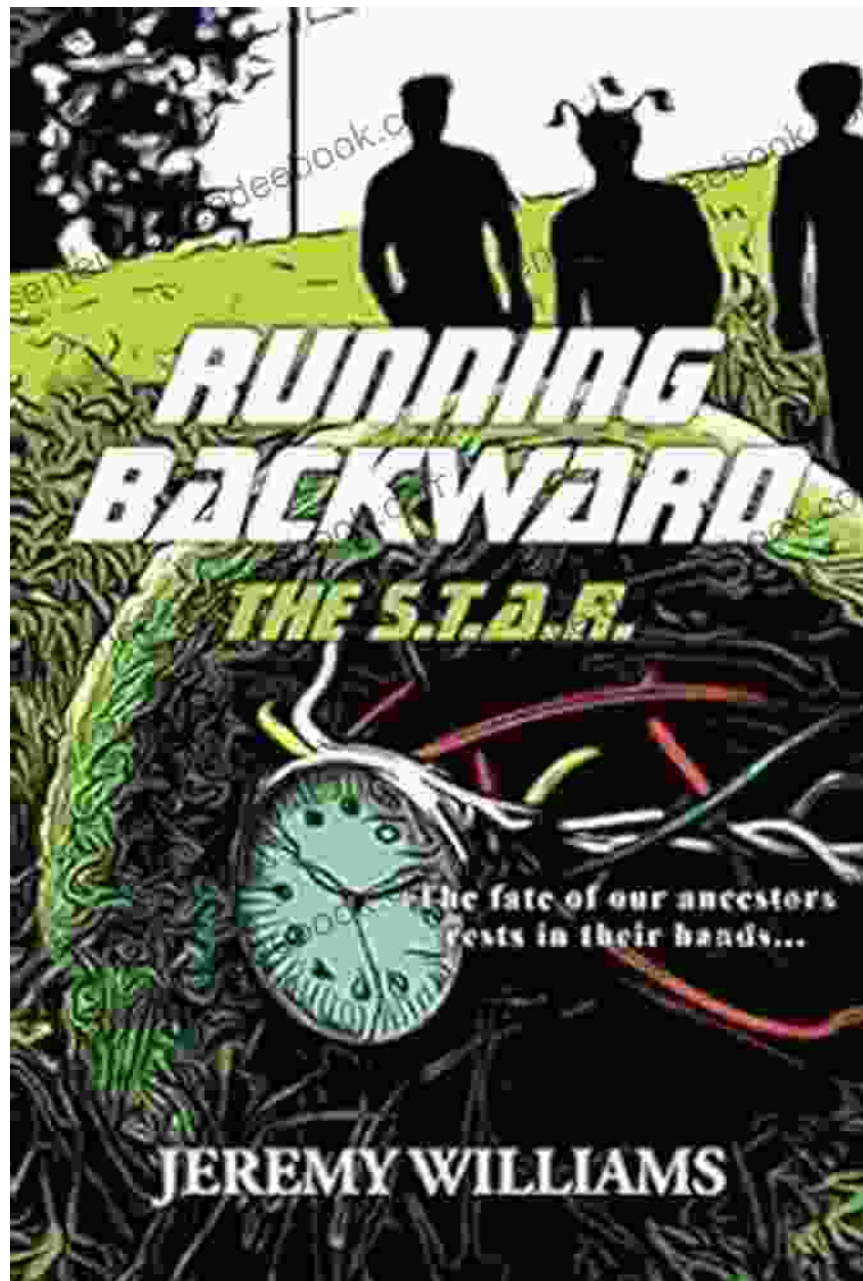
★★★★☆ 4.6 out of 5

Language : English
File size : 1580 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
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Print length : 386 pages

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Jeremy Williams is an elite runner who has been running backward for over 10 years. He has competed in numerous races, including the Boston Marathon and the New York City Marathon. He is also a certified running coach and has helped hundreds of people learn how to run backward.

In this exclusive interview, we speak to Jeremy about the benefits of running backward, how to do it properly, and how it can improve your

overall running performance.

What are the benefits of running backward?

There are many benefits to running backward, including:

- **Improved running form:** Running backward forces you to use your core muscles and glutes more than when you run forward. This can help to improve your running form and reduce your risk of injury.
- **Reduced impact on joints:** Running backward puts less stress on your joints than running forward. This can be beneficial for people with joint pain or injuries.
- **Increased calorie burn:** Running backward burns more calories than running forward. This is because you have to work harder to propel yourself backward.
- **Improved balance and coordination:** Running backward challenges your balance and coordination. This can help to improve your overall athleticism.
- **Mental challenge:** Running backward is a mental challenge. It requires you to focus and be aware of your surroundings. This can help to improve your mental toughness.

How to run backward properly

To run backward properly, follow these steps:

1. **Start by walking backward:** Get used to the feeling of moving backward by walking backward for a few minutes. This will help you to develop the balance and coordination needed for running backward.

2. **Take small steps:** When you start running backward, take small steps. This will help you to maintain your balance and avoid falling.
3. **Keep your head up and your eyes on the ground:** Looking down at your feet will make it difficult to maintain your balance. Instead, keep your head up and your eyes on the ground in front of you.
4. **Use your arms to help you balance:** Your arms can help you to maintain your balance when you run backward. Swing your arms naturally as you run.
5. **Practice regularly:** The more you practice running backward, the better you will become at it. Aim to run backward for at least 10 minutes several times per week.

How running backward can improve your overall running performance

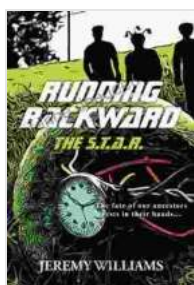
Running backward can improve your overall running performance in several ways, including:

- **Increased running efficiency:** Running backward can help you to develop a more efficient running stride. This can lead to improved running times and reduced energy expenditure.
- **Reduced risk of injury:** Running backward can help to reduce your risk of injury by strengthening your core muscles and glutes.
- **Improved balance and coordination:** Running backward can help to improve your balance and coordination. This can make you a more agile runner and reduce your risk of falling.

- **Mental toughness:** Running backward is a mental challenge. Overcoming this challenge can help to improve your mental toughness and make you a more resilient runner.

Running backward is a great way to improve your running performance and overall fitness. It is a challenging but rewarding activity that can benefit runners of all levels.

If you are new to running backward, start by walking backward for a few minutes each day. Gradually increase the distance and speed as you become more comfortable. With regular practice, you will be able to run backward with ease and enjoy the many benefits it has to offer.



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