



ABOUT THE AUTHOR

Mgr. Milan Kůtek (1969) – A high school physical education teacher, editor of running magazine RUN, Nordic running (www.nordicrunning.eu) promoter and instructor. Former athlete – a sprinter and in recent years an active recreational runner with 10 completed marathons to his credit (personal record 3:13). Co-recipient of the European Athletics Innovation Awards (2012), Czech Republic champion of Nordic running in the M40+ category (2015).

Introducing the first book in the world about all-season running with poles. The author received a European award for his description of the Nordic running method. Jogging with running poles protects the knees and back and is healthier and safer than normal running. Given its increased energy expenditure, the technique may be utilized both by athletes in training and individuals seeking effective weight loss. The author also presents a new concept in walking with poles for fitness (the Nordic run-walk), which is more natural than Nordic walking. Numerous celebrities, including top sportsmen in various sports, doctors and other experts talk about their experience with Nordic running and run-walk has been embraced by. In this book you will also find a detailed explanation of the proper Nordic running technique and its major benefits as well as an analysis of the most common mistakes, safety principles, examples of different exercises with poles and other methods of use.

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The 1st
book
in the world
about running
with poles
all year round!

NORDIC RUNNING

Running with poles as a healthier
and more efficient way of running

Milan Kůtek





1 Nordic running as a specific running method

Nordic running is a specific movement and training method that can be practiced all year round while respecting the basic principles of running style (labor arm, the position of the torso and shoulders). This makes it different from Nordic walking and the use of telescopic poles on long distance and mountainous running races (ultra marathons, skyrace, etc.). The Nordic running method can also be utilized to train beginners in the proper running style and to eliminate the most common mistakes (incorrect position of the torso and directing the elbows out to the sides).

In comparison with Nordic walking, Nordic running is also much more physically demanding, so it has become a part of the training preparation of professional and top athletes. Unlike cross country skiing it doesn't require prepared snow trails and can be practiced all year round.

www.nordicrunning.eu/specifcs/

VIDEO – proper technique:

www.nordicrunning.eu/technique-videos/

Running poles are an essential part of the correct performance of the Nordic running technique. The peremptory factor is their length. The poles must be longer than the ones used in Nordic walking, but shorter than the poles used in classical technique skiing. Nordic running poles are one-piece with a smooth handle and a glove loop, ending with a walking spike. Such poles are already being produced in the Czech Republic.

2 Nordic run-walk – a new concept in fitness walking with poles

Individuals in poor physical condition cannot cope neither with running nor the proper Nordic walking technique. For such persons a different technique of walking with running poles is suitable – Nordic run-walk. You can compare it to an amateur “walking” on skis (without the slipping action of skiing) by classic technique, in this case of course without the skis. Simply put: the arms run, the legs walk (run-walk).

Nordic run-walk is more natural than Nordic walking and easy to manage even for overweight individuals. It does not require releasing the pole from the palm behind the body. Longer poles also provide enhanced stability and relieve the spine, helping to maintain the upright position of the body (“we do not slouch”). Due to the involvement of the arms, shoulders and torso muscles, individuals can lose weight with these movements even at a very slow speed. The Nordic run-walk technique is also suitable for people who want to start running regularly because unlike walking it conditions the body for higher energy expenditure and the correct running movement of the arms.

3 European Athletics Award

Nordic running is much more physically demanding than ordinary running. Runners with running poles achieve a higher performance, i.e. they have a significantly higher energy expenditure. This increased intensity factor is particularly appreciated in the performance of top athletes. It has gradually become a part of fitness training not only for runners, but also for football players, tennis players, basketball players, javelin throwers, volleyball players and others. Running poles have become a regular part of the training of Czech triple-Olympic medalist and javelin throw world-record holder Barbora Spotakova (pictured here).

It is surprising, then, that this highly effective training method hasn't been used more frequently among athletes. The proof is the recognition of the author's work *Running with poles as an efficient training method eliminating overstraining of athlete's feet* at the **European Athletics Innovation Awards** (2012). An extensive article about Nordic running also appeared in the prestigious IAAF journal (*Running with poles to increase training efficiency and reduce injuries*, **New Studies in Athletics** 2/2014).

4 Major reduction of stress to the joints of feet

Both Nordic running and Nordic run-walk have several **health benefits**. The most important among them is relieving the load to the joints, tendons and ligaments of the lower limbs, primarily the knees, hips and Achilles. According to scientific measurements, the involvement of running poles relieve several tonnes per every kilometer of Nordic running. (This strain is naturally accommodated by the arms and shoulders). Such an effect cannot be obtained with the shorter Nordic walking poles. The increased stability with the longer Nordic running poles can also prevent injuries; athletes who already have a leg injury can then use the running poles during their rehabilitation phase.

NORDIC RUNNING + RUN-WALK:

- Suitable for anyone without serious medical restrictions
- Easily accessible terrains, meadows, city parks, forest roads
- Ideal age: 12 to 100 years

It makes this book unique!

