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Target all the components that go into every stride: muscles, connective tissue, cardiovascular fitness, energy production, the nervous system, hormones, and the brain.

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Running makes your heart work harder to transport blood to your body. This increased demand on your circulatory system has many benefits. On the other hand, poor circulation causes blocked arteries which mean your organs don't get the energy they need. Among the negative effects of poor circulation are

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muscle cramps and numbness.

## **Running And Bodybuilding - 5 Awesome Reasons To Combine**

Thus, running allows to increase the intensity of your workouts, work with bigger weights and speed up the muscle growth. While running regular loads cause the body to burn calories,

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processing fat reserves into energy needed for recuperation. This leads to an improvement of body relief. Leg muscles can be greatly worked through running.

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Yes, running every day is one of the best

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ways to torch calories, tone your body, and improve your cardiovascular health — one recent study at Duke University Medical Center in Durham, North...

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**Build Your Running Body | The**

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An author, journalist, and blogger, Pete Magill's first book, BUILD YOUR RUNNING BODY, was named a Publisher's Weekly "Best Book of 2014," and his subsequent books have covered the science behind training and racing at distances ranging from 40 yards to the marathon, and for runners both new and experienced. See

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New Book: FAST 5K

**The Running Corps - FAST 5K  
RUNNING**

Running is a great way to combine the efforts of many different physical practices into one. It increases endurance, builds muscle to maintain an optimal body fat composition, promotes

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cardiovascular health, strengthens the heart, and even improves your overall mood.

## **How Running Changes Your Body | The Active Times**

Sit on a chair, rest your right ankle on your left knee and gently twist your foot round and up with your hands. Do 3 x 10

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