

Born To Walk

Reference Links

[Runners World - Dean Karnazes Writes The Real Pheidippides Story](#)

[Book: Road To Sparta](#)

[Book: Running With the Kenyans](#)

[Book: Born to Run](#)

[Book: The Sports Gene](#)

[Book: Tread Lightly: Form, Footwear, And The Quest For Injury-Free Running](#)

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[EPSN Slow and steady wins the planet](#)

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[Stanford study - walking improves creativity](#)
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Born To Walk – Suggested Further Reading

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[Sprinting helps burn visceral fat](#)

Appendix: Suggested Workouts

[Ryan Hall body transformation](#)

[Health benefits of running and walking](#)

[Hybrid athlete Fergus Crawley](#)

[Research on golf carts affecting pace of play](#)

[History of Rucking](#)

[Weighted Vests or Rucking backpacks](#)

Books

[*Running With the Kenyans*](#)

[*Born to Run*](#)

[*The Sports Gene*](#)

[*Tread Lightly: Form, Footwear, And The Quest For Injury-Free Running*](#)