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FLYING STRIDES: FASTEST/EASIEST NEW WAY TO RUN

Synopsis

FLYING STRIDES, by Jack NirensteinI adapted Isaac Newton¢â ¬â„¢s Law of Motion to my new method of instant speed previously unreachable in running. It works to do that for machines. The Wright Brothers wrote how they used Newton¢â ¬â„¢s Law for making their airplane fly.I used Newton¢â ¬â„¢s three forces to make my speed and other people¢â ¬â„¢s speed faster on the first try. The response I get is: ¢â ¬Å"Wow it sounds so logical¢â ¬Â¦I never thought of it¢â ¬Â•. As if it is so easy to notice that everyone should have been aware of it. Yet none of the scientists ever came up with it.The phony gurus teach methods that will make you fall to the ground. People¢â ¬â„¢s sense of balance prevents them from using their methods and wonder why it is so hard to get to run faster even with hard training.The three Newton¢â ¬â„¢s forces for speed are: exerted, reactive, and resultant, in that order.The two most popular phony guru methods are, first a vertical gravity method, and second a leg extension method (code for pushing your body forward).Mine is neither and better. It is different than all others as well. It is not: Barefoot, stride length and stride frequency, running shoes, core training, interval speed training, strength, leaning with shoulders, pushing back at ground, aerobic, fast twitch fibers, nutrition, the Romanov pose, gravity running, leg extension, landing under the body, landing on toes, arms at right angles, aerobic, jumping low, jumping high, and recovery.

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