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Owen Anderson, PhD, has been a regular contributor to Runner s World, Shape, Men s Health, Peak Performance, National Geographic Adventure, and Sports Injury Bulletin

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I had the immense pleasure of sitting down with Owen Anderson, Ph D to discuss all things running! Owen is one of the world s foremost experts on the subject as

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About the Author. Owen Anderson, PhD, is a regular contributor to Running Times, Running Fitness (UK), and National Geographic Adventure. In 1992, he was named the

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Oct 22, 2013 Dr. Owen Anderson, author of Running Science & founder of the Lansing Marathon - GLSP.

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Owen Anderson, Ph. D., is an author, professional coach and developer of the neural system for training endurance runners, a program which de-emphasizes

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