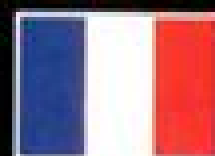
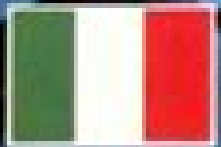
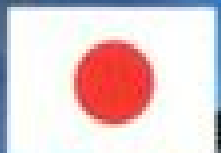
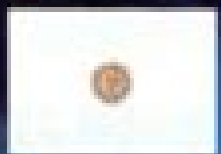
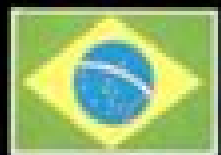
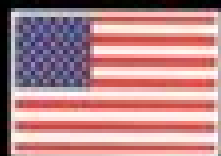


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Marathons Meb Keflezighi, Scott Douglas, 2021-02-16 NEW YORK TIMES BESTSELLER A world class runner and four time Olympian shares the life lessons he's learned from each of the twenty six marathons he's run in his storied career An athlete whose wisdom and lessons aren't just for runners The Washington Post When Meb Keflezighi the first person in history to win both the Boston and New York City marathons as well as an Olympic marathon medal ran his final marathon in New York City on November 5 2017 it marked the end of an extraordinary distance running career Meb's last marathon was also his twenty sixth and each of those marathons has come with its own unique challenges rewards and outcomes In 26 Marathons Meb takes readers on those legendary races along every hill bend and unexpected turn of events that made each marathon an exceptional learning experience and a fascinating story 26 Marathons offers the wisdom Meb has gleaned about life family identity and faith in addition to tips about running training and nutrition He shows runners of all levels how to apply the lessons he's learned to their own running and lives Equal parts inspiration and practical advice 26 Marathons provides an inside look at the life and success of one of the greatest runners living today Praise for 26 Marathons 26 Marathons is a swift read guaranteed to be popular with student athletes plus hard core and recreational runners who will undoubtedly agree that Meb is an American treasure and running ambassador who never fails to inspire Booklist starred review 26 Marathons gives great insight about the ups and downs in marathon running and how to cope with them As Meb shows dealing with these marathon experiences help us become better in our lives Eliud Kipchoge Marathon World Record Holder and 2016 Olympic Gold Medalist Meb's 26 Marathons is like opening a treasure chest full of inspiring stories that give behind the scenes glimpse into the mental and physical joys and obstacles that elite level racing can bring His advice on training overcoming injuries and adversity is for everyone It's pure gold Shalane Flanagan 2017 TCS NYC Marathon Champion Exploring

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Run Like a Champion Alan Culpepper,Brian Metzler,2025-11-04 In *Run Like a Champion* one of America s most versatile and accomplished runners Alan Culpepper reveals the best practices of the best runners Over his 25 year racing career Culpepper won national titles from 5K to marathon a span of race distances so wide that just a few runners can claim the same impressive versatility Culpepper sets out his approach and the lessons he learned from his competitors so that all runners can fully realize their potential As a two time Olympic competitor Culpepper has a unique understanding of what it takes to compete at the highest level His running career has put him on the start line alongside the world s best runners and he has found that despite their many differences talents and approaches to training among them they share a common understanding the best athletes know that the secret to success in running lies in understanding a bigger picture of training Not everyone has the physiology to run at the highest level but everyone can benefit from implementing an Olympic approach to training *Run Like a Champion* shares a big picture view of running looking at not only the essential training elements but also other key pieces of the puzzle identifying motivation finding a proper work life family balance and understanding complementary aspects of training such as stretching how much to drink diet and how to avoid and treat injuries *Run Like a Champion* reveals all the guidelines tips and tricks workouts mental training and nutritional practices that Olympic runners use By making this Olympic approach part of their running runners of all levels will make their goals achievable from 5K to marathon

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