



Running With the Legends: Training and Racing Insights from 21 Great Runners

Michael Sandrock

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Read *Running with the Legends* and become a training partner, student, friend, and fan of some of the greatest runners ever. You'll be informed, inspired, and entertained by the programs, prescriptions, and personalities in this book. Who better to learn from than the best?

Legends is more than a collection of biographies. It provides the closest and most complete look at how running and runners have changed from the great Emil Zatopek in the '40s and '50s to the superlative Uta Pippig in the '90s. It does so by detailing the development, training techniques, coaching, competitions, motives, and perspectives of 21 all-time great runners.

Author Michael Sandroock, one of running's most prolific writers, draws upon his own 25-year running career and his extensive interviews and research to provide special insights throughout the book. Sandroock knows what runners want to know, and here he shares a wealth of information that's sure to satisfy with each sentence and sidebar.

The runners selected range from the imposing short distance speedster Alberto Juantorena to the determined long distance marathoner Joan Benoit Samuelson. And because running greatness is not limited by political or geographical borders, runners from 17 countries are represented in the book.

From special tips you can use to incredible feats that will inspire you, *Running with the Legends* is full of material to enhance your own running and your appreciation of those who have set the standard for excellence.

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This Running With the Legends: Training and Racing Insights from 21 Great Runners are reliable for you who want to be considered a successful person, why. The explanation of this Running With the Legends: Training and Racing Insights from 21 Great Runners can be on the list of great books you must have is giving you more than just simple examining food but feed anyone with information that probably will shock your previous knowledge. This book is definitely handy, you can bring it just about everywhere and whenever your conditions in the e-book and printed kinds. Beside that this Running With the Legends: Training and Racing Insights from 21 Great Runners forcing you to have an enormous of experience for instance rich vocabulary, giving you trial run of critical thinking that could it useful in your day exercise. So , let's have it and enjoy reading.

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