

## 1:59: The Sub-Two-Hour Marathon Is Within Reach - Heres How It Will Go Down, and What It Can Teach All Runners About Training and Racing



What will it take to run a marathon in less than two hours? The worlds fastest times for the marathon have been dropping since the distance of 26.2 miles was made official nearly 100 years ago. But after a noticeable decline that occurred for a half century, the times, while still edging lower, have stalled several minutes north of two hours for the past decade. For the first time, 1:59 examines what it will take for an elite distance runner to go subtwo hours. It will require more than raw talent, optimal body size, and great athletic genes. In order to become marathons Roger Bannister and smash this elusive record, this runner must follow a healthy diet and an individualized training regimen that takes advantage of specific environmental factors (live high, train low). Because precious seconds count over each mile run, other critical considerations include improved running form and economy, sharpened mental focus, and wearing the right type of racing flats (or even going barefoot). The athlete who finally breaks distance runnings most tantalizing barrier will become a worldwide celebrity overnight. Will the runner be a Kenyan, an Ethiopian, an American, or a marathoner from another country? And how soon will it happen? By providing a unique window into the highly competitive world of elite marathon running, this book also allows running enthusiasts to have a thorough understanding of the true potential of endurance athletes. And in turn, they can apply the same training and racing principles discussed in 1:59 to their own running, whether its a 10K, half marathon, marathon, or ultramarathon.

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Marathon Is Within Reach - Heres How It Will Go Down, and What It Can Teach All Runners about Training and Racing. Front Cover. **1:59: The Sub-Two-Hour Marathon Is Within ReachHeres How It** How It Will Go Down, and What It Can Teach All Runners about Training and. 1:59: The Sub-Two-Hour Marathon Is Within Reach--Heres How It Will 80/20 Running: Run Stronger and Race Faster By Training Slower What will it take to run a marathon in less than two hours? And in turn, they can apply the same training and racing principles discussed in 1:59 to How It Will Go Down, and What It Can Teach All Runners about Training **1:59: The Sub-Two-Hour Marathon Is Within ReachHeres How It** 1:59: The Sub-Two-Hour Marathon Is Within ReachHeres How It Will Go Down, and What It Can Teach All Runners about Training and Racing. by Philip **10/22/14 1:59: The Sub-Two-Hour Marathon Is Within ReachNHeres - Google Books Result** Contained within these pages are insights, commentary, more observations and diverse the following: The Big Book of Endurance Training and Racing. The Big Book of Health and Fitness. 1:59 The Sub-Two-Hour Marathon Is Within ReachHeres How It Will Go Down, and What It Can Teach All Runners About **1:59 and Waiting - Dr. Phil Maffetone** Retrouvez 1:59: The Sub-Two-Hour Marathon Is Within Reach - Heres How It Will Go Down, and What It Can Teach All Runners About Training and Racing et **1:59: The Sub-Two-Hour Marathon Is Within Reach--Heres How It** 1:59: The Sub-Two-Hour Marathon Is Within. ReachHeres How It Will Go Down, and What It Can. Teach All Runners about Training and Racing PDF by Philip **1:59: The Sub-Two-Hour Marathon is Within Reach--Heres How it** 1:59: The Sub-Two-Hour Marathon Is Within ReachHeres How It Will Go Down, and What It Can Teach All Runners about Training and