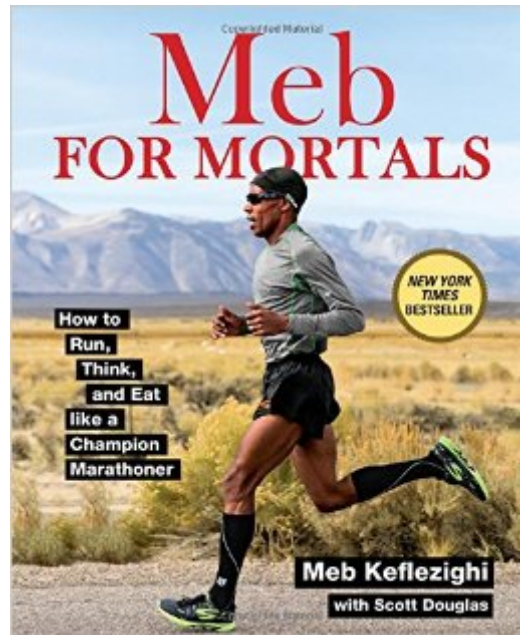


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# Meb For Mortals: How To Run, Think, And Eat Like A Champion Marathoner



## Synopsis

With his historic win at the 2014 Boston Marathon, Meb Keflezighi cemented his legacy as one of the great champions of long-distance running. Runners everywhere wanted to know how someone two weeks away from his 39th birthday, who had only the 15th best time going into the race, could defeat the best field in Boston Marathon history and become the first American man to win the race in 31 years. *Meb For Mortals* describes in unprecedented detail how three-time Olympian Keflezighi prepares to take on the best runners in the world. More important, the book shows everyday runners how to implement the training, nutritional, and mental principles that have guided him throughout his long career, which in addition to the 2014 Boston win includes an Olympic silver medal and the 2009 New York City Marathon title.

## Book Information

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## Customer Reviews

Awesome Book! I enjoyed his previous book and couldn't wait for this one to hit the shelves. Meb is one of the few folks that will tell you what he uses as supplements and training aids AND will let you know if the brand is a sponsor of his or not. I truly appreciate the honesty and integrity Meb displays. This book is a fun read. I finished it in a couple of evenings. Now I will go back and really see about applying some of his knowledge and wisdom to my own training plans. Meb is a down to earth person which is great. He is definitely not full of himself and treats others with the utmost respect. His advice is real and valuable in that he is right about his training plan might not work for the next athlete. It does give you an idea as to how he approaches his training and racing. That in itself is extremely valuable to me. If you are looking for a fun book to read about Meb with some very

valuable insight and knowledge, then this is perfect for you. If you are looking for a book that gives you specific day to day plans to follow in preparation to an event, then you might want to look elsewhere. I highly recommend this book to everyone.

Good solid advice, but most importantly it's nicely targeted at masters athletes. Too much training advice designed around elite athletes or young indestructible kids (anyone under age 35). This book does a great job of incorporating stretching, cross-training, nutrition and rest, which can be just as important as the actual workouts.

Meb gives out everything! Chapter by chapter he addresses all the important aspects of runner's life saying what works best for him. Practical Do and don't summaries at the end of each chapter.

Pictures to illustrate drills, strengthening and stretching. Must have book for any runner!

I recommend this book to all runners (young and old, fast or slow) trying to stay healthy and improve. It is full of many interesting ideas, techniques and procedures. He discusses his strategy and tactics. I am implementing them into my running. The first few ideas seem to be working for me. I plan to implement more of them. Meb writes about what he does to be a successful runner. He discusses what works for him, why he believes it works and how these have changed as he aged from a world-class collegiate runner to 40 year old world-class runner. He discusses how he trains when healthy and when recovering from injuries. Very few runners have a career to write a book like this. I find the age-related changes particularly interesting for me because I am no longer a young runner. I recommend this book to anyone actively trying to improve their running.

as a neophyte marathoner who took running up in my mid-50s, I cannot adequately describe what a moving read this was for me. Meb may be world class and run a marathon in less time than I can run a half, but his style, human decency and humility resonate with me. with great recommendations, suggestions about training, stretching, diet and above all, GOALS, he makes the sport accessible to anyone.

There is some good advice here from a terrific guy. Some of the chapters, like those that talk about running form and eating, are useful. Others, like training, stretching are not as applicable for one of two reasons. One reason is that the way an elite marathoner races is fundamentally different because he can complete a marathon at a fast pace before running out of glycogen. Recreational

runners - even very good ones - need to train their bodies to rely on fat as a fuel source. So Meb is not much help there. Another reason is the volume of training he does - while interesting to know - is unrealistic for 99% of runners. Finally, some of the information like running drills and stretches are tough to apply because the photos are difficult to figure out. Some online video content would have made them much more useable. Overall, this is an enjoyable resource, but it's probably the 9th or 10th marathoning book you should read, not first or second.

Great book even for experienced runners. The author provides insight on what elite athletes go through in order to train.

This is a great book on endurance running. I am 54 and just ran a 3:33:28 marathon and used many of these to beat my old personal record of 4:28:30. The theories in this book are scientifically sound and the exercises are great for strengthening and stretching your running muscles. The writing is very good and there is a lot of great info presented. There were not any complete running schedules in the book just the theory of how to build your own. Therefore, if you want a schedule to be laid out for you, this may not be the book for you.

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