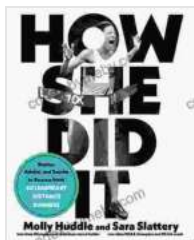


Stories, Advice, and Secrets to Success from Fifty Legendary Distance Runners

Running is one of the most demanding sports in the world, both physically and mentally. To become a successful distance runner, you need more than just talent; you need the knowledge and wisdom of those who have come before you.

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How She Did It: Stories, Advice, and Secrets to Success from Fifty Legendary Distance Runners

by Molly Huddle

★★★★☆ 4.7 out of 5

Language : English
File size : 48796 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 334 pages



What You'll Learn from "Secrets of Success"

- How to set goals and stay motivated

- The importance of training consistently
- How to fuel your body properly
- How to deal with setbacks and injuries
- The mental toughness required to succeed in distance running

Whether you are just starting out or are an experienced runner looking to take your performance to the next level, "Secrets of Success" has something for you.

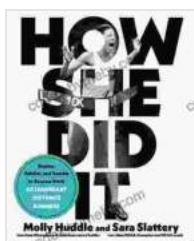
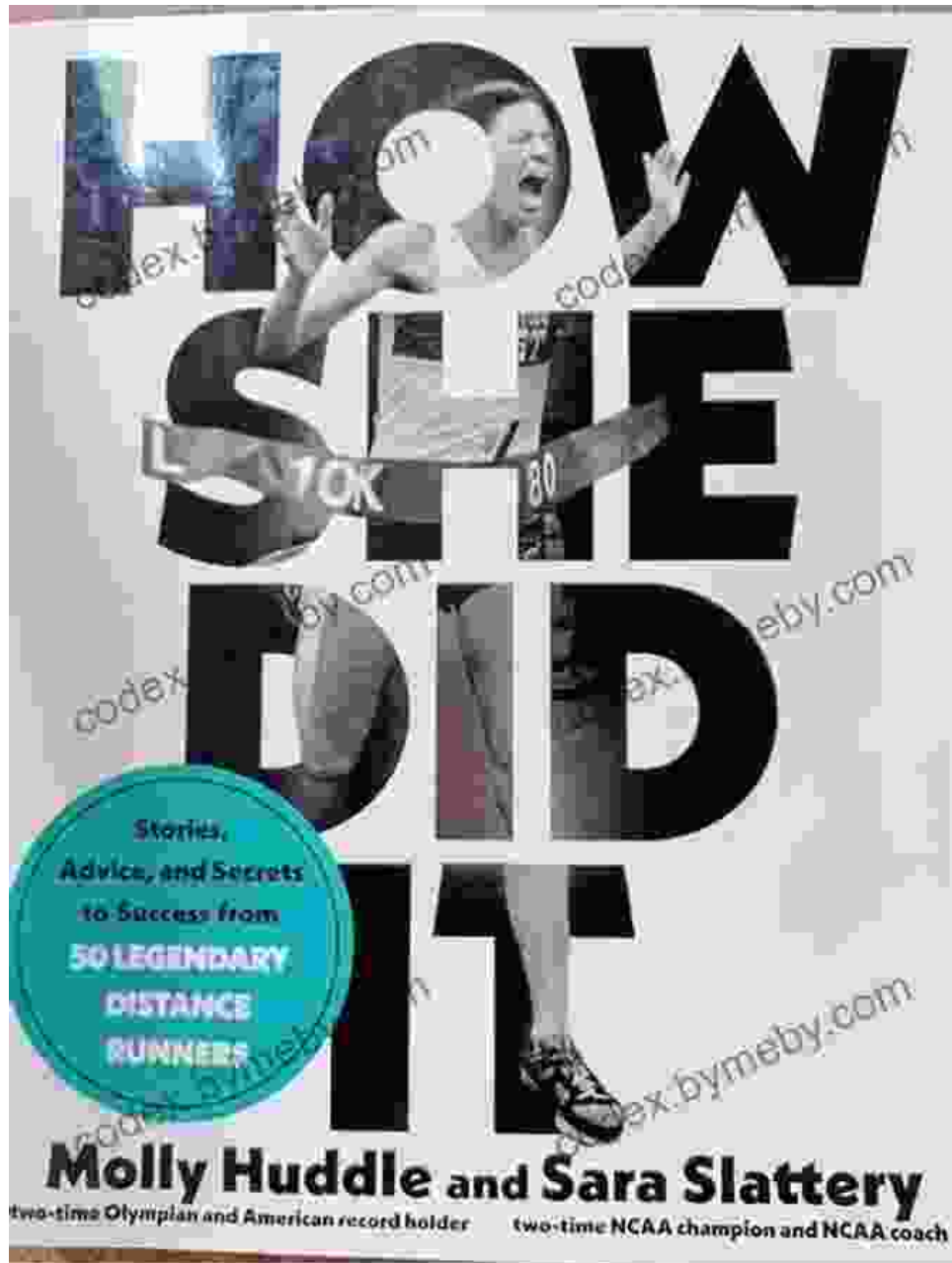
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- Steve Prefontaine on the need for mental toughness
- Paula Radcliffe on the importance of nutrition

With over 50 runners sharing their stories and secrets, "Secrets of Success" has something to offer every runner, no matter their level of experience.

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