

The Perfect Mile Three Athletes One Goal And Less Than Four Minutes To Achieve It Neal Bascomb

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26 Marathons Profile Books

From the internationally acclaimed, best-selling author of *Hunting Eichmann* and *The Perfect Mile*, a World War II spy adventure set in Norway that draws on top-secret documents and memoirs of the saboteurs. In 1942, the Nazis were racing to complete the first atomic bomb. All they needed was a single, incredibly rare ingredient: heavy water, which was produced solely at Norway's Vemork plant. Under threat of death, Vemork's engineers pushed production into overdrive. If the Allies could not destroy the plant, they feared the Nazis would soon be in possession of the most dangerous weapon the world had ever seen. But how would the Allied forces reach the castle fortress, set on a precipitous gorge in one of the coldest, most inhospitable places on earth? Based on a trove of top-secret documents and never-before-seen diaries and letters of the saboteurs, *The Winter Fortress* is an arresting chronicle of a brilliant scientist, a band of spies on skis, perilous survival in the wild, Gestapo manhunts, and a last-minute operation that would alter the course of the war. "Riveting and poignant . . . *The Winter Fortress* metamorphoses from engrossing history into a smashing thriller . . . Mr. Bascomb's research and, especially, his storytelling skills are first-rate." —Wall Street Journal

The Escape Artists Scholastic Inc.

This "fast-paced account" of WWI airmen who escaped Germany's most notorious POW camp is "expertly narrated" by the New York Times bestselling author (Kirkus, starred review). During World War I, Allied soldiers might avoid death only to find themselves in the abominable conditions of Germany's many prison camps. The most infamous was Holzminden, a land-locked Alcatraz that housed the most escape-prone officers. Its commandant was a boorish tyrant named Karl Niemeyer, who swore that none should ever leave. Desperate to break out of "Hellminden", a group of Allied prisoners hatch an audacious escape plan that requires a risky feat of engineering as well as a bevy of disguises, forged documents, and fake walls—not to mention steely resolve and total secrecy. Once beyond the watchtowers and round-the-clock patrols, they are then faced with a 150-mile dash through enemy-occupied territory toward free Holland. Drawing on never-before-seen memoirs and letters, historian Neal Bascomb "has unearthed a remarkable piece of hidden history, and told it perfectly. The story brims with adventure, suspense, daring, and heroism" (David Grann, New York Times bestselling author of *Killers of the Flower Moon*). Running to the Edge Rowman & Littlefield

The Science of the Marathon and the Art of Variable Pace Running encourages you to rediscover running by gradually slowing down, running at your own pace, and learning to accelerate. This book is about Veronique Billat's 30 years of research, life studies, and practical experience. This research takes place in real life and extreme racing situations; it does not take place on treadmills, rather in marathon races and the high mountains. It's about adapting new technologies to the needs of training and understanding the possibilities for the improvement of human energy. The key to long term success without injury or overtraining is to train with quality and not quantity. It is no longer necessary to train by running long distances in preparation for specific types of running races. Performance is not just about a result, but rather a road to true happiness. We invite you to discover this new way of running as it is a realistic minimalist-based training using your running mind-body feelings sensations and your lifestyle. The practice of marathon running is, above all, a serious endeavor for anyone 10 to 100 years old, that will let you dream immense possibilities. Reviews I thought I knew everything I needed to know about marathon pacing before I read *The Science of the Marathon*. Whether your goal is to complete a marathon with a smile on your face or set a new personal best. Dr. Billat and Edwards fascinating and persuasive book will help you prepare with greater purpose and

race with more confidence.--Matt Fitzgerald, author of *80/20 Running*, *Brain Training For Runners*, *Life is a Marathon*, and many others. This amazing book covering 30 years of exercise science and human experience from Dr. Billat is designed for the coach, scientist, or running enthusiast who desires to understand the physiology and variability of individual runners. I learned some new and interesting things and the book reaffirms that doing accelerations and varying the pace spontaneously on runs is a good thing. I have never used GPS-watch and run by feel, so it is nice to hear that is not crazy. It's refreshing to read about optimizing fat metabolism as this is the evolutionary fuel of the human. At age 53, this book keeps me honest to do my strength training and sprints every day. Dr. Mark Cucuzella, Professor of Family Medicine, West Virginia University School of Medicine, author of "Run For Your Life" 2008 Drs Billat and Edwards have put together a book that combines the best of sports science and in the field research. It's refreshing to see a book on running that connects the dots, delves deep into the science, but still bases its recommendations on how we should run as nature intended. Barry Murray M.Sci, Faculty at Munster Technological University, CEO of Optimum Nutrition For Sport, Irish National endurance runner Veronique Billat is one of the most innovative and important researchers currently active in determining the science of optimum training. I have found her work to be useful for boosting the performances of runners not only in the marathon, but all the way down to the 800-any distance at which aerobic capability matters. My runners swear by it. Richard A. Lovett, Coach, Team Red Lizard, Portland Oregon and Co-author of *Alberto Salazar's Guide to Road Racing* "Drs. Billat and Edwards did an excellent job writing this book. Dr. Edwards has been a huge help getting Brenda back to top running form. You don't have to be an elite runner to train like one. Brenda has benefited from the 30-30 workouts described in the book. I would recommend this amazing book to anyone looking to take their fitness to the next level." Carlos Handler, Coach, Brenda Martinez USA Olympic Track & Field Runner

Staying the Course HarperCollins

The story of America's greatest running legend. For five years, no American runner could beat him at any distance over a mile. But at the age of 24, with his best years still ahead, long-distance runner Steve Prefontaine finally lost. Driving alone at night after a party, Prefontaine crashed his sports car, putting a tragic, shocking end to the life and career of one of the most influential, accomplished runners of our time. More than 20 years later, Pre continues to influence the running world. From his humble origins in Coos Bay, Oregon, Pre became the first person to win four NCAA titles in one event. Year after year, he was virtually unbeatable. Instead of becoming one of the new breed of professional track athletes, Pre chose to stay amateur and fight for the adequate funding he felt American amateur athletes deserved. A man of incredible desire and energy, Pre trained relentlessly. In his drive to be the best, he spurred others to do their best. As one racer said, "He ran every race as if it were his last." But Pre not only touched runners; his exciting technique as well as his maverick lifestyle made him a favorite of the fans. A race with Prefontaine in it was automatically an event. His brief but brilliant life—documented by author Tom Jordan—is the tale of a true American hero. This is his story. "Some people create with words or with music or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.' It's more than just a race, it's style. It's doing something better than anyone else. It's being creative." —Steve Prefontaine *The e-book edition does not include photos

The Race Within Createspace Independent Publishing Platform

The Ultraman Triathlon, one of the most remarkable endurance races in the world, is a three-day, 320-mile race that circumnavigates the Big Island of Hawaii. With only 40 competitors allowed in each year, this invitation-only event hosts some of the most superlative athletes on the planet. *The Race Within* discusses the 30-year history of the sport and race director Jane Bockus, former Pan Am flight attendant who has never done a triathlon, yet has dedicated herself to keeping the event true to its founding spirit for decades. This book follows Jane, her assistants, and a small cast of athletes through an entire year—from the end of the 2012 Ultraman to the 2013 event—and shows how they faced new challenges to the growth and well-being of the event, and were forced to question if old traditions could survive in a world of constantly-evolving sports entertainment. Granted full

access to the race and the athletes, author Jim Gourley presents a look at this unique event and examines what it means to truly love sports.

3:59.4 Triumph Books

Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. *ROAR* is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, *ROAR* contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

Running with the Buffaloes Houghton Mifflin Harcourt

A thrilling spy mission, a moving Holocaust story, and a first-class work of narrative nonfiction. This Sydney Taylor Book Award- and YALSA Excellence in Nonfiction Award-winning story of Eichmann's capture is now a major motion picture starring Oscar Isaac and Ben Kingsley, *Operation Finale!* In 1945, at the end of World War II, Adolf Eichmann, the head of operations for the Nazis' Final Solution, walked into the mountains of Germany and vanished from view. Sixteen years later, an elite team of spies captured him at a bus stop in Argentina and smuggled him to Israel, resulting in one of the century's most important trials -- one that cemented the Holocaust in the public imagination. This is the thrilling and fascinating story of what happened between these two events. Illustrated with powerful photos throughout, impeccably researched, and told with powerful precision, *THE NAZI HUNTERS* is a can't-miss work of narrative nonfiction for middle-grade and YA readers.

The Science of the Marathon and the Art of Variable Pace Running Human Kinetics

Reviews of *The Science of Running*: "The Science of Running sets the new standard for training theory and physiological data. Every veteran and beginner distance coach needs to have this on their book shelf." -Alan Webb American Record Holder-Mile 3:46.91 "For anyone serious about running, *The Science of Running* offers the latest information and research for optimizing not only your understanding of training but also your performance. If you want to delve deeper into the world of running and training, this book is for you. You will never look at running the same." -Jackie Areson, 15th at the 2013 World Championships in the 5k. 15:12 5,000m best If you are looking for how to finish your first 5k, this book isn't for you. *The Science of Running* is written for those of us looking to maximize our performance, get as close to our limits as possible, and more than anything find out how good we can be, or how good our athletes can be. In *The Science of Running*, elite coach and exercise physiologist Steve Magness integrates the latest research with the training processes of the world's best runners, to deliver an in depth look at how to maximize your performance. It is a unique book that conquers both the scientific and practical points of running in two different sections. The first is aimed at identifying what limits running performance from a scientific standpoint. You will take a tour through the inside of the body, learning what causes fatigue, how we produce energy to run, and how the brain functions to hold you back from super-human performance. In section two, we turn to the practical application of this information and focus on the process of training to achieve your goals. You will learn how to develop training plans and to look at training in a completely different way. *The Science of Running* does not hold back information and is sure to challenge you to become a better athlete, coach, or exercise scientist in covering such topics as: · What is fatigue? · The latest research on looking at fatigue from a brain centered view. · Why VO2max is the most overrated and misunderstood concept in both the lab and on the track · Why "zone" training leads to suboptimal performance. · How to properly individualize training for your own unique physiology. · How to look at the training process in a unique way in terms of stimulus and adaptation. · Full sample training programs from 800m to the marathon.

The Science of Running Houghton Mifflin Harcourt

Top five Best Books About Running, *Runner's World Magazine* Top three Best Books About Running, readers of *Runner's World Magazine* (December 2009) A phenomenal portrait of courage and desire that will do for college cross-country what John Feinstein's *A Season on the Brink* did for college basketball.

[Pre Skyhorse Publishing Inc.](#)

Winner of the Motor Press Guild Best Book of the Year Award & Dean Batchelor Award for Excellence in Automotive Journalism For fans of *The Boys in the Boat* and *In the Garden of Beasts*, a pulse-pounding tale of triumph by an improbable team of upstarts over Hitler's fearsome Silver Arrows during the golden age of auto racing As Nazi Germany launched its campaign of racial terror and pushed the world toward war, three unlikely heroes—a driver banned from the best European teams because of his Jewish heritage, the owner of a faltering automaker company, and the adventurous daughter of an American multimillionaire—banded together to challenge Hitler's dominance at the Grand Prix, the apex of motorsport. Bringing to life this glamorous era and the sport that defined it, *Faster* chronicles one of the most inspiring, death-defying upsets of all time: a symbolic blow against the Nazis during history's darkest hour.

[Born to Run Human Kinetics](#)

A New York Times bestseller 'A sensation ... a rollicking tale well told' - The Times At the heart of *Born to Run* lies a mysterious tribe of Mexican Indians, the Tarahumara, who live quietly in canyons and are reputed to be the best distance runners in the world; in 1993, one of them, aged 57, came first in a prestigious 100-mile race wearing a toga and sandals. A small group of the world's top ultra-runners (and the awe-inspiring author) make the treacherous journey into the canyons to try to learn the tribe's secrets and then take them on over a course 50 miles long. With incredible energy and smart observation, McDougall tells this story while asking what the secrets are to being an incredible runner. Travelling to labs at Harvard, Nike, and elsewhere, he comes across an incredible cast of characters, including the woman who recently broke the world record for 100 miles and for her encore ran a 2:50 marathon in a bikini, pausing to down a beer at the 20 mile mark.

[Running Science Hachette UK](#)

Is your daily run starting to drag you down? Has running become a chore rather than the delight it once was? Then *The Happy Runner* is the answer for you. Authors David and Megan Roche believe that you can't reach your running potential without consistency and joyful daily adventures that lead to long-term health and happiness. Guided by their personal experiences and coaching expertise, they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best.

[Peak Performance ESPN](#)

The years 1953-54 were marked by the conquests of two unattainable peaks - Mount Everest and the Four Minute Mile. But the dream of setting a new track record for this distance started as early as the 1880s, by the American Lon Myers, a stick-thin hypochondriac who was sick before and after every race, yet still held every US record from 50 yards to the mile. By 1902 a record of 4 minutes and 16 seconds was set by the Englishman Joe Binks, an amateur runner who in his spare time worked as a journalist and writer. And again in 1923 the world inched ever closer to the elusive four minute record thanks to Paavo Nurmi, the 'Phantom Finn', who won nine Olympic gold medals and set so many world records that statisticians are still arguing over the total. 4'01.4 the world knew at last that it was on the brink of conquering the Everest of all sports. But it wasn't until three Englishmen teamed up and took on the challenge as one that they succeeded in accomplishing what was described as the most significant sporting achievement of the twentieth century. This is the story of the long quest for the 'Magic Mile', almost two hundred years in the making. The methods the runners used, the secrets they uncovered, were passed like a baton through the generations, until the quest reached its climax on the 6th May 1954, when Roger Bannister, Christopher Chataway and Chris Brasher united to achieve the impossible.

Hal Higdon's Half Marathon Training Houghton Mifflin Harcourt

It was a blustery late spring day in 1954 and a young Oxford medical student flung himself over the line in a mile race. There was an agonising pause, and then the timekeeper announced the record: three minutes, fifty-nine point four seconds. But no one heard anything after that first word - 'three'. One of the most iconic barriers of sport had been broken, and Roger Bannister had become the first man to run a mile in under four minutes. To this day, more men have conquered Mount Everest than have achieved what the slender, unassuming student managed that afternoon. Sixty years on and the letters still arrive on Roger Bannister's doormat, letters testifying to the enduring appeal of the four-minute mile and the example it set for the generation of budding athletes who were inspired to attempt the impossible. In this frank memoir, Sir Roger tells the full story of the talent and dedication that made him not just one of the most celebrated athletes of the last century but also a distinguished doctor, neurologist and one of the nation's best-loved public figures. With characteristically trenchant views on drugs in sport, the nature of modern athletics and record breaking, the extraordinary explosion in running as a leisure activity, and the Olympic legacy, this rare and brilliant autobiography gives a fascinating insight into the life of a man who has lived life to the

fullest.

The Perfect Mile Scholastic Inc.

Highly acclaimed author Neal Bascomb brings his peerless research and fast-paced narrative style to a young adult adaptation of one of his most successful adult books of all time, *The Perfect Mile*, an inspiring and moving story of three men racing to achieve the impossible -- the perfect four-minute mile. Scholastic Focus is the premier home of thoroughly researched, beautifully written, and thoughtfully designed works of narrative nonfiction aimed at middle-grade and young adult readers. These books help readers learn about the world in which they live and develop their critical thinking skills so that they may become dynamic citizens who are able to analyze and understand our past, participate in essential discussions about our present, and work to grow and build our future. There was a time when running the mile in four minutes was believed to be beyond the limits of human foot speed. In 1952, after suffering defeat at the Helsinki Olympics, three world-class runners each set out to break this barrier: Roger Bannister was a young English medical student who epitomized the ideal of the amateur; John Landy the privileged son of a genteel Australian family; and Wes Santee the swaggering American, a Kansas farm boy and natural athlete. Spanning three continents and defying the odds, these athletes' collective quest captivated the world. Neal Bascomb's bestselling adult account adapted for young readers delivers a breathtaking story of unlikely heroes and leaves us with a lasting portrait of the twilight years of the golden age of sport.

The Big Book of Health and Fitness Rodale

Travel with Olympic gold medalist Jessie Diggins on her compelling journey from America's heartland to international sports history, navigating challenges and triumphs with rugged grit and a splash of glitter Pyeongchang, February 21, 2018. In the nerve-racking final seconds of the women's team sprint freestyle race, Jessie Diggins dug deep. Blowing past two of the best sprinters in the world, she stretched her ski boot across the finish line and lunged straight into Olympic immortality: the first ever cross-country skiing gold medal for the United States at the Winter Games. The 26-year-old Diggins, a four-time World Championship medalist, was literally a world away from the small town of Afton, Minnesota, where she first strapped on skis. Yet, for all her history-making achievements, she had never strayed far from the scrappy 12-year-old who had insisted on portaging her own canoe through the wilderness, yelling happily under the unwieldy weight on her shoulders: "Look! I'm doing it!" In *Brave Enough*, Jessie Diggins reveals the true story of her journey from the American Midwest into sports history. With candid charm and characteristic grit, she connects the dots from her free-spirited upbringing in the woods of Minnesota to racing in the bright spotlights of the Olympics. Going far beyond stories of races and ribbons, she describes the challenges and frustrations of becoming a serious athlete; learning how to push through and beyond physical and psychological limits; and the intense pressure of competing at the highest levels. She openly shares her harrowing struggle with bulimia, recounting both the adversity and how she healed from it in order to bring hope and understanding to others experiencing eating disorders. Between thrilling accounts of moments of triumph, Diggins shows the determination it takes to get there—the struggles and disappointments, the fun and the hard work, and the importance of listening to that small, fierce voice: I can do it. I am brave enough.

Brave Enough Rodale Books

Chronicles the golden age of running in the 1970s by looking at the lives, careers, and achievements of three famous runners who inspired sedentary Americans to start moving.

10 000 Pigs Can't Be Wrong Random House

An incredible story of Johnny Agar, born with cerebral palsy and whom doctors thought would never walk, overcoming the odds to compete in Ironman triathlons. Featured on ESPN, NBC Nightly News, The Today Show, and other media outlets, Johnny delivers a moving memoir that is a testament to the power of family, faith, and extraordinary courage. Johnny's story shows the impact of a life lived to its fullest, from the first difficult steps in training, to becoming a brand ambassador for global apparel company Under Armour. He now serves as an inspiration for not only other professional athletes, but for anyone facing their own impossible mile. Come walk a mile in Johnny's shoes, and realize, as Johnny did, you never walk alone, and anything is possible, if you'll just take on life one step at a time.

Let Your Mind Run Rodale Books

"A transfixing book on how to sustain peak performance and avoid burnout" —Adam Grant, New York Times bestselling author of *Option B*, *Originals*, and *Give and Take* "An essential playbook for success, happiness, and getting the most out of ourselves." Arianna Huffington, author of *Thrive* and *The Sleep Revolution* "I doubt anyone can read *Peak Performance* without itching to apply something to their own lives." —David Epstein, New York Times bestselling author of *The Sports Gene* A few common principles drive performance, regardless of the field or the task at hand. Whether someone is trying to qualify for the Olympics, break ground in mathematical theory or craft an artistic masterpiece, many of the practices that lead to great success are the same. In *Peak Performance*, Brad Stulberg, a former McKinsey and Company consultant and writer who covers health and the science of human performance, and Steve Magness, a performance scientist and coach of Olympic athletes, team up to demystify these practices and demonstrate how you can achieve your best. The first book of its kind, *Peak Performance* combines the inspiring stories of top performers across a range of capabilities—from athletic to intellectual and artistic—with the latest

scientific insights into the cognitive and neurochemical factors that drive performance in all domains. In doing so, *Peak Performance* uncovers new linkages that hold promise as performance enhancers but have been overlooked in our traditionally-siloed ways of thinking. The result is a life-changing book in which you can learn how to enhance your performance via myriad ways including: optimally alternating between periods of intense work and rest; priming the body and mind for enhanced productivity; and developing and harnessing the power of a self-transcending purpose. In revealing the science of great performance and the stories of great performers across a wide range of capabilities, *Peak Performance* uncovers the secrets of success, and coaches you on how to use them. If you want to take your game to the next level, whatever "your game" may be, *Peak Performance* will teach you how.

The Impossible Mile Harper Collins

Publisher Description