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Japanese obsession with the marathon - Adharanand Finn

Running With The Kenyans Discovering

After years of watching Kenyan athletes win the world's biggest long-distance races, Runner's World contributor

Adharanand Finn set out to discover what it was that made them so fast - and to see if he could keep up. Packing up his family, he moved to Iten, Kenya, the running capital of the world, and started investigating.

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Running with the Kenyans: Discovering the secrets of the ...  
The author set out to discover why the Kenyans are better than anyone else at marathon running. He doesn't do this.....there is no real answer but several theories. Instead he reveals an insight into the life of a Kenyan runner perhaps unseen before. Their poverty and way of life, their diet, the esteem of runners in their culture, their diet.

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Running with the Kenyans: Discovering the secrets of the ...

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discovering the secrets of the fastest people on Earth

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The Fastest People On Earth PDF Book Curt Sampson.  
Followed by a startlingly abrupt ending, in which his Kenyan  
running partners all leave in a van, and he muses that he

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may never see any of them again. Oliver Horovitz. Twenty years later, he set off to run 5, miles coast to coast across Canada.

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Running with the Kenyans Adharanand Finn is an editor at the Guardian and a freelance journalist, writing regular features for the Guardian, the Independent and Runner 's World. He is a former junior county cross-country runner, and now competes for Torbay AC in Devon, where he and his family usually live. Follow him on Twitter @adharanand.

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Kenyans are so inherently good at running—at least in the eyes of the author Finn Adharanand—that even the most advanced technology in the world is not going to make them better. Unlike some white coaches before him, Finn goes to Iten, a small village This is a book about a white man



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who travels to Africa and whose goals do not include improving the lives of the people there.

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Running with the Kenyans: Passion, Adventure, and the ...

“ A beautiful and inspiring must-have for every runner, Running with the Kenyans is far more than an inspirational story, but a guide toward running, humility, and life, from the amazing people of Kenya. ” —Michael Sandler, author of Barefoot Running

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Adharanand Finn (Author) 4.5 out of 5 stars 376 ratings See  
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Japhet Koech is one of the key personalities described in  
“ Running with the Kenyans ” , first published in 2012. Off  
the back of the book ’ s popularity, a crowdfunded  
campaign helped scrape the money together for Japhet to  
compete at the 2013 Edinburgh Marathon, to give him a  
chance to compete on the international stage.

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Adharanand Finn tried to run there, and succeeded.  
Running with the Kenyans is a great read. ” —Bernd  
Heinrich, author of Why We Run “ Part scientific study,  
travel memoir, and tale of self-discovery, Finn ’ s journey

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makes for a smart and entertaining read. ” —

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Running with the Kenyans is a great read."--Bernd Heinrich,  
author of Why We Run "Part scientific study, travel memoir,  
and tale of self-discovery, Finn's journey makes for a smart  
and entertaining read."--Publishers Weekly "A hymn to the  
spirit, to the heartbreaking beauty of tenacity, to the joy of  
movement."

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This book is a very easy, light read. Neither pure sports

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writing nor travel writing, Finn balances his experiences of running in Kenya with Kenya's greatest runners in a style that will leave you inspired by the Kenyan athletes, the dominance of Kenyan running, and smiling along with the perspectives of the Kenyan athletes' attitudes to life.

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Running with the Kenyans Quotes Showing 1-10 of 10

“ Right before you head out running, it can be hard to remember exactly why you're doing it. You often have to override a nagging sense of futility, lacing up your shoes, telling yourself that no matter how unlikely it seems right now, after you finish you will be glad you went.

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After years of watching Kenyan athletes win the world's biggest races, from the Olympics to big city marathons, Adharanand Finn set out to discover just what it was that made them so fast - and to see if he could keep up.

"Whether running is your recreation or your religion, Adharanand Finn's incredible journey to the elite training camps of Kenya will captivate and inspire you, as he ventures to uncover the secrets of the fastest people on earth." -- cover p. 4.

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Welcome to Japan, the most running-obsessed nation on earth, where: a long-distance relay race is the country's biggest annual sporting event; companies sponsor their own running teams, paying the athletes like employees; and marathon monks run a thousand marathons in a thousand days to reach spiritual enlightenment. Adharanand Finn - award-winning author of *Running with the Kenyans* - moved to Japan to discover more about this unique running culture and what it might teach us about the sport and about Japan. As an amateur runner about to turn forty, he also hoped find out whether the Japanese approach to training might help him keep improving. What he learned - about competition, about team work, about beating your personal bests, about form and about himself - will fascinate



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anyone who is keen to explore why we run, and how we might do it better.

An Essential Book for Runners of All Abilities All of the Author's Proceeds Go to Shoes4Africa to Support the Construction of Children's Hospitals in Kenya Kenya has produced the greatest concentration of world-class runners, and fellow athletes have long been intrigued by their remarkable success. Toby Tanser has devoted much of his professional career living and training among Kenyan runners in order to better understand the unique status of East African athletes. In *More Fire: How to Run the Kenyan Way*, the author builds upon the success of his acclaimed *Train Hard, Win Easy*, the first book to provide insights into

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the Kenyan "magic" that so many runners and coaches had sought. Instead of special foods or secret techniques, Tanser found that Kenyan runners simply trained incredibly hard, much harder than anyone had realized. By adapting their training regime--which includes three workouts a day--and following their example, runners, whether novices or champions, are able to improve both their performance and enjoyment in running. For those training for a marathon or any other distance race, this book is both practical and inspirational. Divided into four parts, the book begins with a description of running in Kenya, the landscape, the physical conditions, and the people; the second part concentrates on details of Kenyan training camps, training methods, and their typical training diet; the third profiles individual

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Runners On Earth

runners and coaches from the past and present, with each explaining their approach to running so that readers can gain further insight into their methods. The book ends with a discussion on how the reader can adapt Kenyan training practices for their own running requirements. More Fire: How to Run the Kenyan Way is essential reading for runners of all levels and experience.

An electrifying look inside the wild world of extreme distance running. Once the reserve of only the most hardcore enthusiasts, ultra running is now a thriving global industry, with hundreds of thousands of competitors each year. But is the rise of this most brutal and challenging sport—with races that extend into hundreds of miles, often

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in extreme environments—an antidote to modern life, or a symptom of a modern illness? In *The Rise of the Ultra Runners*, award-winning author Adharanand Finn travels to the heart of the sport to investigate the reasons behind its rise and discover what it takes to join the ranks of these ultra athletes. Through encounters with the extreme and colorful characters of the ultramarathon world, and his own experiences of running ultras everywhere from the deserts of Oman to the Rocky Mountains, Finn offers a fascinating account of people testing the boundaries of human endeavor.

Nearly 10 years after its first publication, Aurum are re-issuing this classic running book which has defined a genre.

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It includes an introduction from bestselling author Robert Macfarlane and an epilogue from Richard Askwith. The concept of fell-running is simple: it ' s a sport that involves running over mountains – sometimes one, sometimes many. It ' s also immensely demanding. While running uphill is a stamina-sapping slog, running pell-mell down the other side requires the agility – and even recklessness – of a mountain goat. And there ' s the weather to contend with. It may make the sports pages only rarely, but in areas like the Lake District and Snowdonia fell-running is the basis of a whole culture – indeed, race organisers sometimes have to turn competitors away so that fragile mountain uplands are not irrevocably damaged by too many thundering feet. Fixtures like the annual Ben Nevis and Snowdon races

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People On Earth attract runners from all over Britain, and beyond. Others, such as the Wasdale and Ennerdale fell runs in the Lakeland valleys – gruelling marathons of more than 20 miles – remain truly local events for which the whole community turns out, with many of the runners back on the same fells the next day tending sheep. Now, Richard Askwith explores the world of fell-running in the only legitimate way: by donning his Ron Hill vest and studded shoes to spend a season running as many of the great fell races as he can, from Borrowdale to Ben Nevis: an arduous schedule that tests the very limits of one 's stamina and courage. Over the months he also meets the greats of fell-running – like the remarkable Joss Naylor, who to celebrate his fiftieth birthday ran all 214 major Lakeland fells in a single week;

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Billy Bland, the combative Borrowdale man whose astounding records still stand for many of the top races; and Bill Teasdale, a hero of the sport 's earlier, professional days, whom he tracks down to his tiny cottage in the northern Lakes. And ultimately Askwith 's obsession drives him to attempt the ultimate challenge: the Bob Graham Round – a non-stop circuit of 42 of the Lake District 's highest peaks to be completed within 24 hours. This is a portrait of one of the few sports to have remained utterly true to its roots – in which the point is not fame or fortune but to run the ancient, wild landscape, and to be a hero, if at all, within one 's own valley. Feet in the Clouds is a chronicle of a masochistic but admirable sporting obsession, an insight into one of the oldest extreme sports, and a lyrical

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tribe to Britain's mountains and the men and women who live among them.

“ Essential reading for every runner. ” —Men ' s Fitness  
“ Compelling...As becomes clear not long after its starting gun, this book transcends the search for a two-hour marathon. ” —The Washington Post Two hours to cover twenty-six miles and 385 yards. It is running ' s Everest, a feat once seen as impossible for the human body. But now we can glimpse the mountaintop. The sub-two hour marathon will require an exceptional combination of speed, mental strength, and endurance. The pioneer will have to endure more, live braver, plan better, and be luckier than anyone who has run before. So who will it be? In this



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spellbinding book, journalist Ed Caesar takes us into the world of elite marathoners: some of the greatest runners on earth. Through the stories of these rich characters, like Kenyan Geoffrey Mutai, around whom the narrative is built, Caesar traces the history of the marathon as well as the science, physiology, and psychology involved in running so fast for so long. And he shows us why this most democratic of races retains its brutal, enthralling appeal—and why we are drawn to test ourselves to the limit. *Two Hours* is a book about a beautiful sport few people understand. It takes us from big-money races in the United States and Europe to remote villages in Kenya. It ' s about talent, heroism, and refusing to accept defeat. It is a book about running that is about much more than running. It is a human drama like no

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Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

LONGLISTED FOR THE WILLIAM HILL SPORTS BOOK OF THE YEAR AWARD 2021 LONGLISTED FOR THE RSL ONDAATJE PRIZE 2021 'Inspiring' The Guardian 'Excellent' Runner's World 'Fascinating' Publishers Weekly 'Brilliant' Ed Vaizey 'Through reading this book you will come to understand that the heart and soul of running are to be found in

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Ethiopia.' Haile Gebrselassie 'Engaging, warm and humane... A delight' TLS 'Full of wonderful insights and lessons from a world where the ability to run is viewed as something almost mysterious and magical.' Adharanand Finn, author of Running with the Kenyans 'Ethiopia is a place where I have been told that energy is controlled by angels and demons and where witchdoctors can help you to acquire another runner's power. It is a place where an anonymous runner in the forest told me, miming an imaginary scoreboard and with a completely straight face, that he had dreamt that he would run 10km in 25 minutes. It is a place where they tell me that the air at Mount Entoto will transform me into a 2.08 marathon runner. It is a place, in short, of wisdom and magic, where dreaming is still very much alive.' Why does it

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make sense to Ethiopian runners to get up at 3am to run up and down a hill? Who would choose to train on almost impossibly steep and rocky terrain, in hyena territory? And how come Ethiopian men hold six of the top ten fastest marathon times ever? Michael Crawley spent fifteen months in Ethiopia training alongside (and sometimes a fair way behind) runners at all levels of the sport, from night watchmen hoping to change their lives to world class marathon runners, in order to answer these questions. Follow him into the forest as he attempts to keep up and get to the heart of their success.

Draws on Zen philosophies to counsel runners on how to achieve better results by aligning the body and mind for

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success, providing case testimonials while providing coverage of topics ranging from staying committed and training mindfully to visualizing goals and accepting limitations. Original.

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