



Run with the Champions: Training Programs and Secrets of America's 50 Greatest Runners

Marc Bloom

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In *Run with the Champions*, award-winning running writer Marc Bloom feeds the voracious appetite of America's growing running population in two ways: by creating a unique system to objectively rank the nation's top 25 male and top 25 female runners of all time, and by revealing their little-known training secrets and strategies, from what they ate to how they trained for their biggest victories. Any average runner can benefit from the insights and advice offered by running legends like Frank Shorter, Alberto Salazar, Joan Samuelson, and Lynn Jennings. The rankings themselves are expected to create a buzz in the large running community, and the affiliation with Runner's World--the world's leading authority on running--will ensure credibility. This comprehensive book is at once an exciting compendium on elite runners and a terrific training manual.

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