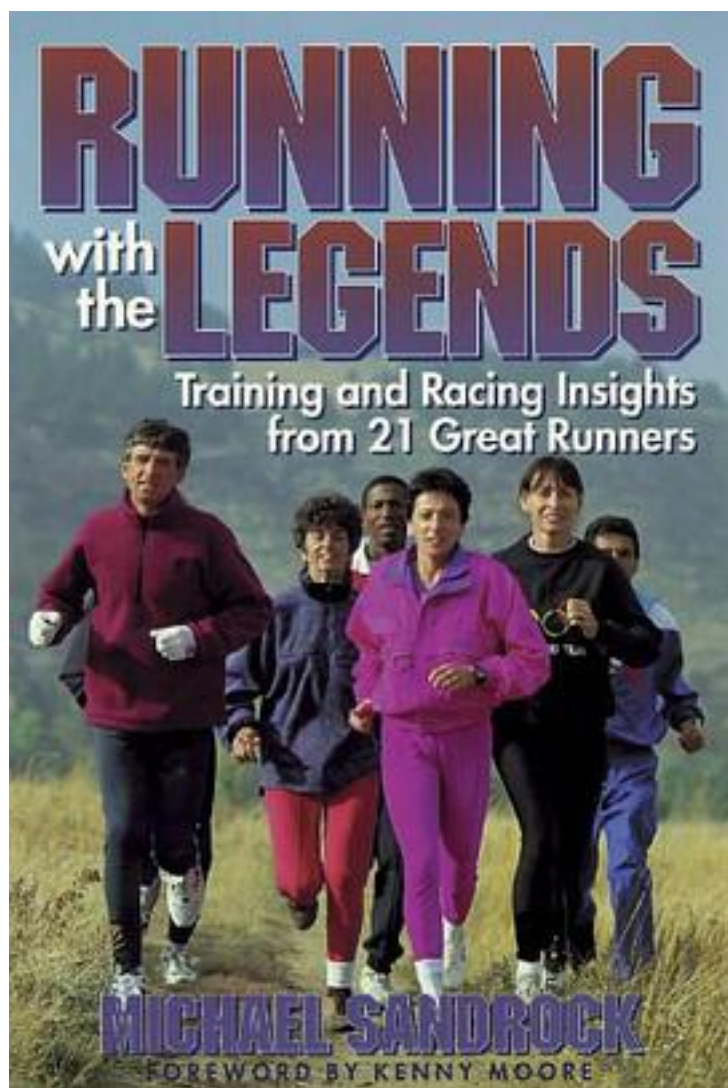


Running with the Legends



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This volume examines how running and runners have changed, from Emil Zatopek in the 1940s to Uta Pippig in the 1990s. It does so by detailing the development, training techniques, coaching, competitions, motives and perspectives of 21 great runners. Runners from 17 countries are represented in the book which include: Emil Zatopek; Sebastian Coe; Bill Rodgers; Kip Keino; Lorraine Moller; Uta Pippig; Priscilla Welch; Steve Jones; Said Aoutia; Lasse Viren; Ingrid Kristiansen; Noureddine Morceli; Frank Shorter; Toshihiko Seko; Rosa Mota; Alberto Juantorena; Juma Ikangaa; Rob de Castella; Joan Benoit Samuelson; Gret Waitz; and Arturo Barrios.

作者介绍:

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