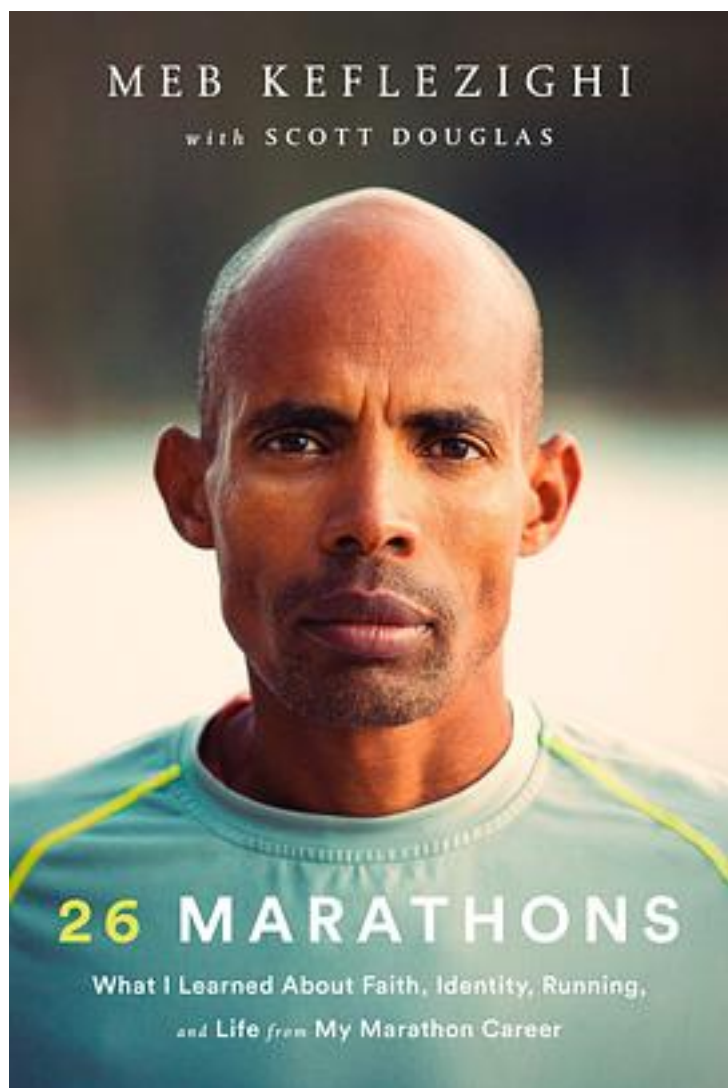


26 Marathons



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著者:Meb Keflezighi

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Four-time Olympian Meb Keflezighi shares lessons learned from each of the 26 marathons he's run in his storied career.

When Meb Keflezighi ran his final marathon in New York City on November 5, 2017, it marked the end of an extraordinary distance-running career. As the first person in history to win both the Boston and New York City marathons as well as an Olympic marathon medal, Meb's legacy is forever cemented.

Meb's last marathon was also his 26th, and each of those marathons has come with its own unique challenges, rewards, and outcomes. In 26 Marathons, take on those legendary races alongside Meb—every hill, bend, and unexpected turn of events that made each marathon an exceptional learning experience, and a fascinating story.

26 Marathons offers the wisdom Meb has gleaned about life, family, identity, and faith in addition to tips about running, training, and nutrition. He shows runners of all levels how to apply the lessons he's learned to their own running and lives. Equal parts inspiration and practical advice, 26 Marathons provides an inside look at the life and success of one of the greatest runners living today.

作者介绍:

MEB KEFLEZIGHI's victory at the 2014 Boston marathon made him the first American man to win the race in 31 years. A four-time Olympic marathoner, Meb is also the founder of the MEB Foundation, which funds programs that promote fitness and other positive lifestyle choices for children. He lives in San Diego, CA.

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