

THE MENTAL MARATHON



BEYOND THE PHYSICAL
IN
ULTRA-RUNNING

Marathon Beyond

Hérodotos



Marathon Beyond:

MARATHON ADVENTURES ACROSS EUROPE AND BEYOND Sean A. O'Reilly, 2014 This book is not about breaking records and winning medals It is about the joys and experience of running for fun at home and in different countries It illustrates how it is possible to run big city marathons over the weekend and on a limited budget and still meet the locals and take in some of the sights It is also about the fun in running local events in all weathers I have commented on my personal training program and how it has changed over the years The book is part biographical and I have not hesitated to give my thoughts and reflections on issues that include war national traits diet lifestyle and much else May I apologize in advance if any of the views expressed in this book offends the reader challenging perhaps but not intended to cause offence It is hoped the book inspires others to join the marathon trail and see where it takes them

The Idea of Marathon Sonya Nevin, 2022-02-10 The Battle of Marathon changed the course of history in ancient Greece To many the impossible seemed to have been achieved the mighty Persian Empire halted in its advance What happened that day why was the battle fought and how did people make sense of it This bold new history of the battle examines how the conflict unfolded and the ideas attached to it in antiquity and beyond Many thought the battle offered lessons in how people should behave with heroism to be emulated and faults to be avoided While the battle itself was fought in one day the battle for the idea of Marathon has lasted ever since After immersing you in the battle this work will help you to explore how the ancient Athenians used the battle in their relations between themselves and others and how the battle continued to be used to express ideas about gods empire and morality in the age of Alexander and his successors at Rome and in Greece under the Roman Empire and in the ages after antiquity even in our own era in which Marathon plays a remarkable role in sport film and children s literature with each retelling a re imagining of the battle and its meaning A clash of weapons gods and principles this is Marathon as you ve never seen it before

100 Marathons Jeffrey Horowitz, 2013-10-01 I d always been the kind of person who hated half steps once I found a passion for something I wanted to dive into the deep end of it Jeffrey has run over 150 marathons in six continents completing more than 3 930 miles This book tells the story of the one hundred races in his first eighteen years of marathoning his training injuries triumphs and failures He admits that runners are a little bit crazy submitting themselves to intense physical pain and constant self doubt but explains the rewards of satisfaction and joy at the end of a long race that are well worth the process He also includes running tips on everything from strength training to race recovery for those who want to start or are already running This memoir is not just for runners but for anyone who appreciates any grueling experience that transforms the body and mind It captures the sheer joy of physical exertion the ups and downs of training and the exhilaration of finishing a marathon so well everyone will be inspired to lace up their running shoes

My First 100 Marathons Jeffrey Horowitz, 2008-10-17 When Horowitz went out for his first run in 1985 it changed his life forever Eighteen years later he completed his 100th marathon This is his story as well as the story of every runner who has found joy

and satisfaction in a training routine in reaching a goal or in finishing a race Cable Television Regulation United States.
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(Firm),1872 **Military Expeditions Beyond the Seas** George Armand Furse,1897 *Greece* Baedeker,1889 **The**
Ultimate Guide to Marathons Dennis Craythorn,Rich Hanna,1998-05 From tiny backwoods races to gigantic urban events
this guide details the top 120 marathons in the United States and Canada Also included is information on the course event
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