

The book was found

# 1:59: The Sub-Two-Hour Marathon Is Within Reach - Here's How It Will Go Down, And What It Can Teach All Runners About Training And Racing



**THE SUB-TWO-HOUR MARATHON  
IS WITHIN REACH—**

**HERE'S HOW IT WILL GO DOWN, AND WHAT IT CAN TEACH  
ALL RUNNERS ABOUT TRAINING AND RACING**

**DR. PHILIP MAFFETONE**

WITH BILL KATOVSKY



## Synopsis

What will it take to run a marathon in less than two hours? The world's fastest times for the marathon have been dropping since the distance of 26.2 miles was made official nearly 100 years ago. But after a noticeable decline that occurred for a half century, the times, while still edging lower, have stalled several minutes north of two hours for the past decade. For the first time, *1:59* examines what it will take for an elite distance runner to go subtwo hours. It will require more than raw talent, optimal body size, and great athletic genes. In order to become marathon's Roger Bannister and smash this elusive record, this runner must follow a healthy diet and an individualized training regimen that takes advantage of specific environmental factors ("live high, train low"). Because precious seconds count over each mile run, other critical considerations include improved running form and economy, sharpened mental focus, and wearing the right type of racing flats (or even going barefoot). The athlete who finally breaks distance running's most tantalizing barrier will become a worldwide celebrity overnight. Will the runner be a Kenyan, an Ethiopian, an American, or a marathoner from another country? And how soon will it happen? By providing a unique window into the highly competitive world of elite marathon running, this book also allows running enthusiasts to have a thorough understanding of the true potential of endurance athletes. And in turn, they can apply the same training and racing principles discussed in *1:59* to their own running, whether it's a 10K, half marathon, marathon, or ultramarathon.

## Book Information

Audible Audio Edition

Listening Length: 7 hours and 18 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios

Audible.com Release Date: November 25, 2014

Whispersync for Voice: Ready

Language: English

ASIN: B00Q45I8AE

Best Sellers Rank: #98 in Books > Audible Audiobooks > Health, Mind & Body > Exercise &

Fitness #501 in Books > Audible Audiobooks > Nonfiction > Sports & Recreation #603

in Books > Sports & Outdoors > Coaching > Training & Conditioning

[Download to continue reading...](#)

1:59: The Sub-Two-Hour Marathon Is Within Reach - Here's How It Will Go Down, and What It Can Teach All Runners About Training and Racing  
Dog Training: A Step-by-Step Guide to Leash Training, Crate Training, Potty Training, Obedience and Behavior Training  
Teach Me Korean & More Korean: 2 Pack (Teach Me) (Teach Me... & Teach Me More... 2-Pack) (Korean Edition)  
Goal Setting: Reach Goals Fast: The Ultimate Guide To Goal Setting - The Most Effective Way To Reach Goals Fast (Goal Setting, Motivation, Action Plan, ... Goals, Success, Self-Discipline, Organized)  
What I'd Teach Your Horse: Training & Re-Training the Basics (Horse Training How-To) (Volume 8)  
Two Hours: The Quest to Run the Impossible Marathon  
Beckett Racing Collectibles and Die-Cast Price Guide (Beckett Racing Collectibles Price Guide)  
750 Racer: Everything You Need to Know About Building and Racing a Low-Cost Sports-Racing Car  
Ford GT40 Manual: An Insight into Owning, Racing and Maintaining Ford's Legendary Sports Racing Car  
Racing Against the Odds: The Story of Wendell Scott, Stock Car Racing's African-American Champion  
Racing Through History: Stock Cars Then to Now (High Interest Books: Stock Car Racing)  
Great Moments in NASCAR Racing (Highlights of NASCAR Racing)  
Racing Driver: How to drive racing cars step by step  
Down, Down, Down: A Journey to the Bottom of the Sea  
Civil War Sub: the Mystery of the Hunley (Penguin Young Readers, Level 4)  
Acta Mar Kardaghi Assyriae praefecti qui sub Sapore II martyr occubuit: syriace juxta manuscriptum Amidense una cum versione latina (Syriac Edition)  
How to Open a Financially Successful Pizza & Sub Restaurant  
Civil War Sub: The Mystery of the Hunley: The Mystery of the Hunley (Penguin Young Readers, Level 4)  
Prince Namor, The Sub-Mariner #4  
Autism Spectrum Disorder in the Inclusive Classroom, 2nd Edition: How to Reach & Teach Students with ASD

[Dmca](#)