



THE MENTAL MARATHON



BEYOND THE PHYSICAL
IN
ULTRA-RUNNING

Marathon Beyond

Jeffrey Horowitz

Marathon Beyond:

Marathon Adventures Across Europe and Beyond Sean A. O'Reilly, 2014-01-21 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

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

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

Running beyond borders Dr. Thomas Taut, 2020-12-03 In SPORTaktiv one of Austria s biggest magazine covering active sports the report about my sporty trip around the world started with this particular statement That was a bit disappointing for me at first sight The editor in chief was obviously surprised by my appearance regardless of all of his years of experience Right at the start of my key note speeches I almost always experience the same amazement sometimes followed by the bewildered question This is you Your expectations and my reality are colliding nearly at the speed of light Oh yes I had to become used to look into so many disappointed eyes right at the start of my presentations Nobody on the street would believe what Thomas Taut from Vienna Austria has achieved To run seven full marathons on seven continents within seven consecutive days is a mighty challenge indeed But exactly how is one capable of accomplishing this task actually supposed to look like Well personally I would expect winners well trained sportsmen athletic from head to toe young and strong powerful and fast lean and successful As is for instance the following couple Yes I believe they could make it both after some specific training And then comes my appearance as an extreme athlete Old slightly obese at least in comparison plagued by allergic asthma But it is ME who has conquered the World Marathon Challenge and no one else from Austria Oh I see Those impressions do not fit together and this discrepancy matters It is therefore important right at the start to overcome any such prejudices and to open your hearts to me Only after having heard or read my story in full you will be able to expand your own imaginations And you too will become able to realize and utilize a lot more of your inner powers I may tell here not from my previous achievements as a nuclear physicist not from my several other former professions and not from gardening my second biggest passion These are not the reasons you grabbed this book for the first time No this writing is all about my side activities as a hobby jogger like million others I am of limited talents in all kinds of sport unfortunately But I am in with all my body and soul I have started running as late as at the age of 35 years But I had soon developed big visions I have never won a race But also never quit one My motto is Not fast not last I have never been a top athlete But I have been following the road all the way to extreme sport And with this new self confidence I want to answer the above question This is you now with Yes this is me You do not have to be perfect to accomplish the unthinkable And believe me there are still several more challenges left on my bucket list The IT nerds use to say It s not a bug it s a feature Yes I may be old small and slower than previously But despite my age of 53 years I had been rising up to the same level as Vanessa and Marcel Austria s top sportswoman and man of the year 2019 Vanessa Herzog the world champion in speed skating can be booked for key note speeches on the very same platform as I Sports Selection And my first book has been published by the very same company egoth as the biography of Marcel Hirscher the eight times skiing world cup champion winner of several titles at Olympic games and world championships Both our books stand close together and fight there for the attention of interested readers Do you want to know how this development was possible What it took How it all began But also which personalities I got to know on the way Which lessons I have learned

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Greece Baedeker,1889 *Occident* Rev. Joseph Cook,1885 **Running Beyond the Marathon** Grahak Cunningham,2013-08-05 Running for 50 days around a New York City Block Grahak Cunningham is a four time finisher and former champion of the Self Transcendence 3100 Mile Race Founded in 1997 by Sri Chinmoy it is the world's longest official running race Competitors must deal with fatigue injury monotony and extreme temperatures Combining ultra running and meditation and using qualities of perseverance determination and focus the runners strive to finish within the time limit Even if you have never completed a marathon or run before in your life this book offers insights into what it takes to achieve your personal goals in fitness business or life *The Month* ,1928 *Beyond Heroes* A. J. Young,1988 **Black & White** ,1891

The National Geographic Magazine ,1922 Indexes kept up to date with supplements **Running Beyond Limits** Andrew Murray,2011-09 The story of Scotsman Andrew Murray's attempt to run from Scotland to the Sahara without a break It is 2 659 miles from John O Groats at the northern tip of mainland Britain to Merzouga in Morocco and Andrew planned to complete the distance in 85 days That's the equivalent of 100 marathons run end to end and not a single day off to recover Attempting to cram in a staggering 8 000 calories every day is extremely difficult and doesn't stop the body from beginning to break down This book is the story of that run interwoven between tales of extraordinary endurance events in some of the most extreme locations in the world It answers the question why do it and offers a gripping insight into what drives an extreme athlete to break new ground Murray's epic journey was the subject of a BBC documentary

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