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You don't win marathons at any level -- much less two of the world's premiere races -- without a strong training and self-care regimen. "Meb For Mortals" -- co-written with Runner's World's Scott Douglas -- goes into considerable detail about that regimen.

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Meb for Mortals describes in unprecedented detail how four-time Olympian Keflezighi prepares to take on the best runners in the world. More importantly, the book shows everyday runners how to implement the training, nutritional, and mental principles that have guided him throughout his long career, which in addition to the 2014 Boston win includes an Olympic silver medal and the 2009 New York City Marathon title.

Meb for Mortals by Meb Keflezighi, Scott Douglas ...

In Meb for Mortals , runners of all abilities and motivation levels will be inspired and able to develop with his sage advice., Meb Keflezighi is one of the most passionate and dedicated runners in the world.He is an icon for American distance runners. Now Meb has chosen to share his training secrets and tips with the world.

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Meb for mortals : how to run, think, and eat like champion ...

Meb provides visual examples of a set of speed and strength drills he does 2-3 times every week and says they are one of his biggest keys to eliminating injury. He goes so far as to say it would be worth running 1-2 miles less any given week to put time towards these. Examples: Variations on skipping, lateral movements, carioca