

MORE FIRE

How to Run the Kenyan Way

Toby Tancer



More Fire How To Run The Kenyan Way

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More Fire How To Run The Kenyan Way:

More Fire Toby Tanser,2008 An Essential Book for Runners of All Abilities All of the Author s Proceeds Go to Shoes4Africa to Support the Construction of Children s Hospitals in Kenya Kenya has produced the greatest concentration of world class runners and fellow athletes have long been intrigued by their remarkable success Toby Tanser has devoted much of his professional career living and training among Kenyan runners in order to better understand the unique status of East African athletes In More Fire How to Run the Kenyan Way the author builds upon the success of his acclaimed Train Hard Win Easy the first book to provide insights into the Kenyan magic that so many runners and coaches had sought Instead of special foods or secret techniques Tanser found that Kenyan runners simply trained incredibly hard much harder than anyone had realized By adapting their training regime which includes three workouts a day and following their example runners whether novices or champions are able to improve both their performance and enjoyment in running For those training for a marathon or any other distance race this book is both practical and inspirational Divided into four parts the book begins with a description of running in Kenya the landscape the physical conditions and the people the second part concentrates on details of Kenyan training camps training methods and their typical training diet the third profiles individual runners and coaches from the past and present with each explaining their approach to running so that readers can gain further insight into their methods The book ends with a discussion on how the reader can adapt Kenyan training practices for their own running requirements More Fire How to Run the Kenyan Way is essential reading for runners of all levels and experience

Kenya's Running Women Michelle M Sikes,2023-12-01 Since Pauline Konga s breakthrough performance at the 1996 summer Olympics in Atlanta the world has become accustomed to seeing Kenyan women medal at major championships sweep marathons and set world records Yet little is known about the pioneer generation of women who paved the way for Kenya s reputation as an international powerhouse in women s track and field In Kenya s Running Women A History historian and former professional runner Michelle M Sikes details the triumphs and many challenges these women faced from the advent of Kenya s athletics program in the colonial era through the professionalization of running in the 1980s and 1990s Sikes reveals how over time running became a vehicle for Kenyan women to expand the boundaries of acceptable female behavior Kenya s Running Women demonstrates the necessity of including women in histories of African sport and of incorporating sport into studies of African gender and nation building

The Korean Africa Byongchan Yoon,2021-11-17 Africa Yoon n e Engo was about to turn 30 She was a celebrated activist working in Manhattan and around the world when she found she had gained 120 pounds and was obese She realized she needed a life beyond her work and dreamed about having a husband and children For her dream to come to fruition she must work on herself to achieve her goal The activist starts on the road toward the greatest cause of her career to save herself and decides she will do a spiritual and physical makeover to find self love in hopes it may lead to true love One afternoon at the Asian grocery store H Mart a Korean

grandmother calls her fat After the initial embarrassment of the public moment the two begin an unusual friendship that leads her to eating kimchi and that moment changes everything This memoir is full of culture food inspiration and travel in this ugly duckling turned swan transformation story not unlike the self discovery and romance vein of Sex and the City

On Running and Becoming Human Thomas F. Carter,2018-04-10 How does the simple act of running make us human As a form of enskilled movement that shapes how we perceive our surroundings running enacts a mindful bodily engagement with the world an engagement that generates our very minds through perceptual learning Thomas F Carter examines the interrelated aspects of a runner s being mind body and environs to illustrate that the skillful act of locomotion is one of principle ways that we as human beings become integral parts of the larger world Synthesizing recent developments in neuroscience anthropology and philosophy of mind On Running proves there is more to running than merely clocking up the miles **Kenya** ,1981 **Drum** ,2008 **Kenyan Oral Narratives** Wanjiku Mukabi Kabira,Kavetsa Adagala,1985 **The Weekly Review** ,1998 **The Nairobi Law Monthly** ,1991 **The Friday Bulletin** ,1999 **Africa** ,1978 **Africa Confidential** ,1999 **Year Book Covering the Year ...** ,1968 **The Spectator** ,2008 **The Animals' Agenda** ,1988 **Newsweek** ,1967 **Official Verbatim Report of the Parliamentary Debates** Zambia. National Assembly,2009-03-16 **Horn of Africa Bulletin** ,2003 **The New Yorker** Harold Wallace Ross,William Shawn,Tina Brown,David Remnick,Katharine Sergeant Angell White,Rea Irvin,Roger Angell,2008-08 **The Canadian Forum** ,1998-05

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