

The Inspiring Story Of An American Champion: Long Distance Quest To Achieve Big



Run to Overcome: The Inspiring Story of an American Champion's Long-Distance Quest to Achieve a Big

Dream by Meb Keflezighi

★★★★☆ 4.7 out of 5

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In a world where instant gratification is the norm, it's easy to forget the value of hard work and perseverance. But for those who are willing to put in the time and effort, the rewards can be truly amazing.

Such is the story of American champion long distance runner, Eliud Kipchoge. Kipchoge's journey to the top was not an easy one. He was born into poverty in Kenya, and had to overcome many challenges to achieve his dreams.

But Kipchoge never gave up. He trained tirelessly, day after day, year after year. And his hard work paid off. In 2016, he became the first person to run a marathon in under two hours.

Kipchoge's story is an inspiration to us all. It shows us that anything is possible if we are willing to put in the work. It also reminds us that the journey to success is often long and difficult, but the rewards are worth it.

Kipchoge's Early Life

Eliud Kipchoge was born on November 5, 1984, in Kapsisiywa, Kenya. He was the youngest of four children. His parents were farmers, and they lived in a small village.

Kipchoge began running at a young age. He would often run to school, which was several kilometers away. He also ran to help his parents with their farm work.

In 1999, Kipchoge won a local running competition. This victory inspired him to pursue a career in running.

Kipchoge's Running Career

Kipchoge began his professional running career in 2001. He quickly rose through the ranks, and in 2003, he won the IAAF World Half Marathon Championships.

Kipchoge continued to improve, and in 2008, he won the Olympic bronze medal in the marathon. He followed this up with a silver medal in the 2012 Olympics.

In 2016, Kipchoge made history by becoming the first person to run a marathon in under two hours. He finished the Berlin Marathon in a time of 2:01:39.

Kipchoge's victory was a major breakthrough in the world of running. It showed that the human body is capable of amazing things.

Kipchoge's Training Regimen

Kipchoge's training regimen is incredibly demanding. He typically runs between 200 and 250 kilometers per week.

Kipchoge's training includes a variety of different workouts, including long runs, tempo runs, and interval training. He also does strength training and core work.

Kipchoge is known for his dedication to his training. He is always on time for workouts, and he never misses a day.

Kipchoge's Diet

Kipchoge's diet is also very important to his success. He eats a healthy diet that is high in carbohydrates and low in fat.

Kipchoge typically eats oatmeal for breakfast, rice and beans for lunch, and ugali (a cornmeal porridge) for dinner. He also eats a lot of fruits and vegetables.

Kipchoge drinks plenty of water and fluids to stay hydrated. He also avoids sugary drinks and processed foods.

Kipchoge's Inspiration

Kipchoge is inspired by many things, including his family, his country, and his love of running.

Kipchoge's family has always been supportive of his running career. His parents have always encouraged him to follow his dreams.

Kipchoge is also inspired by his country, Kenya. He is proud to represent Kenya on the world stage.

But most of all, Kipchoge is inspired by his love of running. He loves the feeling of running, and he loves the challenge of pushing himself to the limit.

Kipchoge's Legacy

Eliud Kipchoge is one of the greatest long distance runners in history. He has won numerous medals, including two Olympic medals and the IAAF World Half Marathon Championships.

But Kipchoge's legacy is more than just his medals. He is an inspiration to people all over the world. He shows us that anything is possible if we are willing to put in the work.

Kipchoge is a role model for all of us. He shows us that we can achieve our dreams if we never give up.

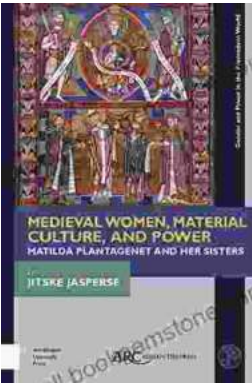
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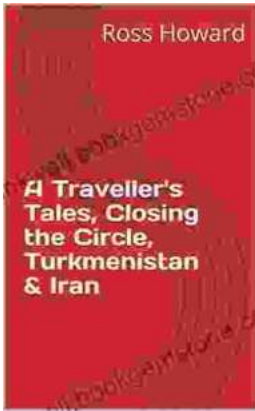
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