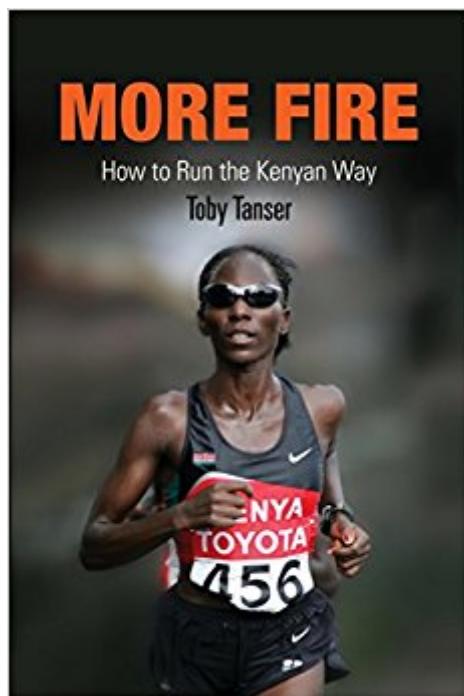


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# More Fire: How To Run The Kenyan Way



## Synopsis

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.

## Book Information

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## Customer Reviews

TOBY TANSER is founder and director of Shoe4Africa, a charitable organization that promotes AIDS awareness in Africa through sports. He is also a director of the New York Road Runners, the world's largest running organization.

I read book during high school and fell with it. As a person who used to be very fat, I read some of the runner's stories who used to be in my situation and said, "Hey, I can prove it to you that I can run with 'more fire'". Years later, the runners who used to be fat were very lean, and represented their country well. I'm also humbled by the background of these runners. Compared to the upbringing to today's runners in the United States, most of them, by socioeconomic reasons and health reasons, should not have succeeded in the Olympics or in any other international championships. Yet, despite all of the poverty, malaria, AIDS, etc., they have proved to the world that they have a dominance in distance running, and are happy to share that it's nothing special, but hard work, and doing the right things to become champions. This book is a recommended read for both Olympic Champions, and the beginner in distance running. It will definitely make you run more fire like the Kenyans do daily.

This was a great book that I'll be going back and reading several times. Could be better edited, because I found myself stopping and trying to figure out what was going on. Part of that was formatting issues that had captions doubled up, but on different pages, so there are random sentences in the middle of a paragraph. For someone who has really followed the running scene for a long time, the names will be a lot more familiar, but I had a hard time remembering which athlete was which (particularly as the first name of many of them start with Kip!). If you're looking for the training schedules, they're in the back, under profiles. Many of the major athletes' average week program is there, along with their running/training philosophy. tl;dr If you're into running and want to take it to the next level, read this book.

Great book, Toby tanser is great at detailing the ins and outs of kenyan running. Very interesting to see how the worlds best train,

One of the best books ever written on running, you will learn a lot about the lifestyle and training methods of the Kenyan. The book is FULL of TRAINING PLANS followed by top runners. Of course I'm not going to replicate them because my level is not elite at all, but the training principles they use

are solid gold.

This book is a must for every runner! Actually, this book should be listed in the western educational system. The contrast between african people and the western world is huge. The lifestory's of some kenyan runners (male or female) opened my eyes and made me stronger as a runner, more confident. Their lifestyle is a slap in the face and showed me how lucky i am with al the chances i have got in my life. Without having to fight for it. Some say it is unfaire, but this is just the way it is. And this is also the reason caucasian runners don't play a role in the elite running world! Are we being punished by our own 'easy' society? After all these years of making everything 'easier' in our life. Roads and cars everywhere, busses, electronic bikes!, automatic stairs, fastfood,... just the lazy lifestyle that many people in the western world are living. Many will reply: "So making progress and making a better life is not good?" Hard to answer. Looking at the movie 'Wall-e' also tells this story. Therefore, this book is just hard reality whith a message. A society making us soft and dumb. The message goes out to ourselves...

It has a lot of information about Kenyan and it's runners. It does talk about who they are and gives examples of their work out, and discusses some of the principles of their training. However, the whole style of the book drove me crazy. To many stories within stories within stories. It made it very difficult to put all of the stories together and learn from them.

Much "more Fire" within these superhumans doing their thing: running with excellence. It happens that they are from the same country, which has been dominating the sport for two decades. They run using the whole body together with overpowering mindset both shaped by simple and challenging life. They don't even use heartrate monitors and there is no predictions that the westerns, with all their technology, will at least replicate their best performances soon. Beautiful see simplicity reigning supreme within human helms often full of unnecessary necessities (reusing Twain's words).

About half way through the book and I am really intrigued...can't wait to finish and re-read!

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