

Marathon Man: One Man, One Year, 370 Marathons

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✓ Verified Book of Marathon Man: One Man, One Year, 370 Marathons

## Summary:

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Marathon Man is a truly remarkable book that will inspire all who read it to know that they can take on the biggest challenges in their lives and overcome them. It all began when Rob's fiancée, exasperated as he sat slumped in front of the television watching the London marathon, bet him 20p that he'd never complete even one such race. Watching the 40,000 competitors as they raised over £53 million for charity, Rob decided to take things a little bit further. Despite never having run a marathon before, he set out to achieve an astonishing new record: he would run more than 365 marathons in a year. So it was that Marathon Man UK was born. This book not only tells the incredible story of Young's quest, during which he broke numerous world records, but also provides vital lessons in how to motivate yourself to achieve your goals and essential tips (learned the very hard way) in how to run and keep on going. He takes the reader on a vivid journey through some of the most beautiful scenery, as they join him in some of the toughest marathons and ultra-marathons in the UK. After suffering horrendous abuse as a child, Young has developed a determination that few can match. It enabled him to complete 370 marathons in the year and to win the Race Across USA (competing with a group of elite marathon-runners) by 30 hours. As Paula Radcliffe commented: 'This is amazing!' Marathon Man shows exactly why and how he achieved it.

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