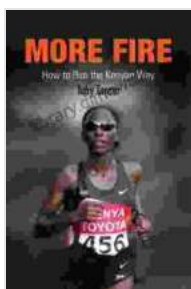


More Fire: How to Run the Kenyan Way

The Essential Guide to Kenyan Running Success

Kenyan runners are some of the most successful in the world. They have won more Olympic and World Championship medals than any other country, and they hold the world records in the marathon, half marathon, and 10,000 meters. So what is their secret? How do they train? What is their philosophy of running?



More Fire: How to Run the Kenyan Way by Toby Tanser

★★★★☆ 4.5 out of 5

Language : English

File size : 18727 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 320 pages



In *More Fire: How to Run the Kenyan Way*, renowned running coach Brobbejaan van Rooyen provides runners of all levels with the tools they need to improve their performance and achieve their running goals. Based on his years of experience working with Kenyan runners, van Rooyen shares the training methods, nutrition tips, and mental strategies that have helped these athletes achieve such great success.

More Fire is not just a running book. It is a guide to a way of life. Van Rooyen shows how the Kenyan running culture is based on a deep respect

for tradition, hard work, and community. He explains how these values have shaped the way Kenyan runners train and compete, and how they can help you become a better runner.

Whether you are a beginner runner or a seasoned veteran, *More Fire* has something to offer you. Van Rooyen's insights into Kenyan running will help you improve your performance, achieve your goals, and find joy in the sport of running.

What You'll Learn from *More Fire*

- The training methods of Kenyan runners
- The nutrition tips of Kenyan runners
- The mental strategies of Kenyan runners
- The Kenyan running culture
- How to apply Kenyan running principles to your own training

Praise for *More Fire*

"*More Fire* is a must-read for any runner who wants to improve their performance. Brobbejaan van Rooyen provides a wealth of insights into the training methods and philosophy of Kenyan runners, and he shows how these principles can be applied to runners of all levels." - **Alberto Salazar, coach of Mo Farah and Galen Rupp**

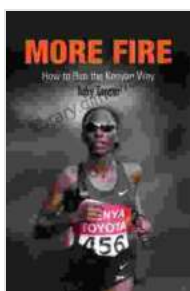
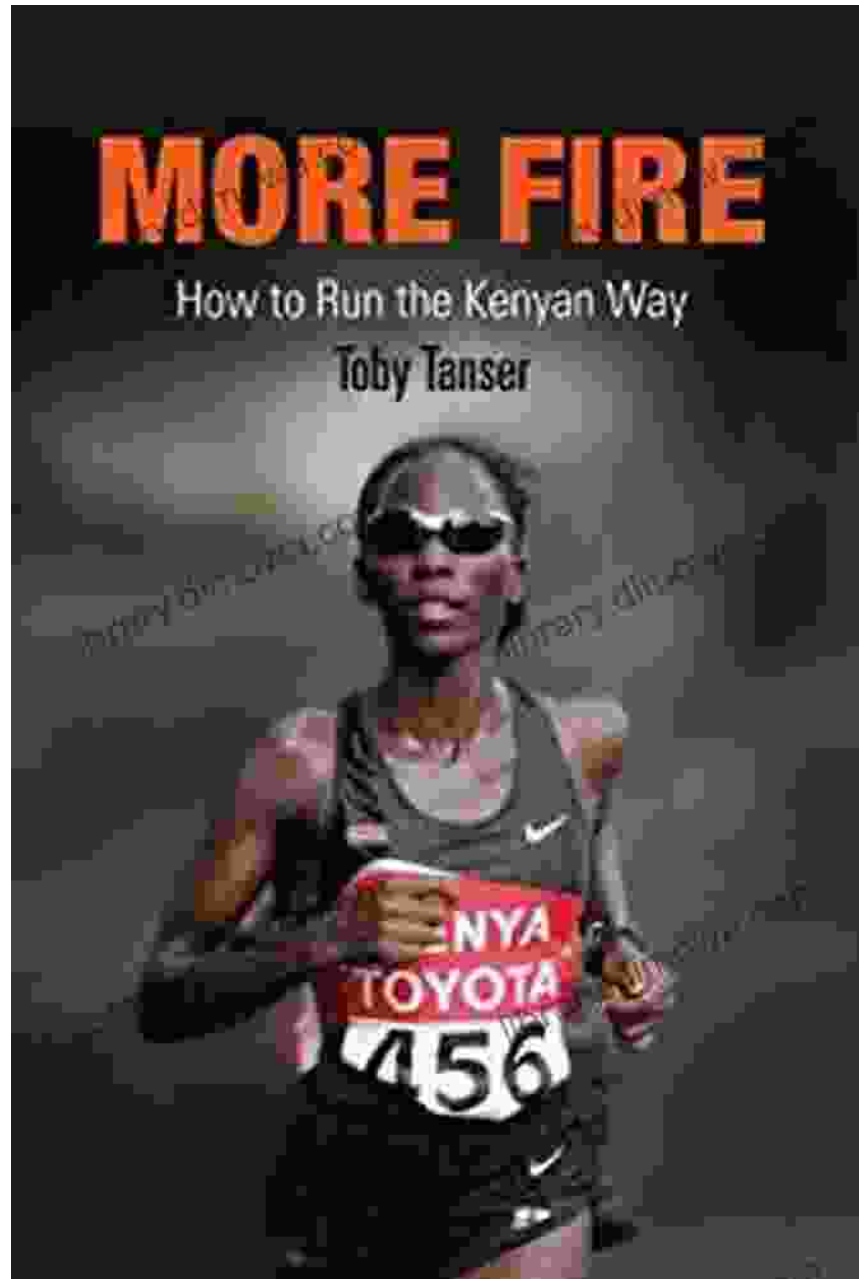
"*More Fire* is a fascinating look into the world of Kenyan running. Brobbejaan van Rooyen's insights into the training methods, nutrition, and mental strategies of these athletes are invaluable. This book is a must-read

for any runner who wants to learn from the best." - **Kara Goucher, Olympic medalist and American record holder in the marathon**

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