Appendices

Appendix A

Running Is a Muscular Event

What powers a runner down the road/track/trail/treadmill are their muscles, not their heart, lungs, vascular system, mitochondria, glucose, or anything else.

This is not to say that these other factors don't matter, but they are not where the rubber meets the road. They act to support the muscular system. The heart and lungs supply the working muscles with the fuel they need to keep contracting. The mitochondria and fuel inputs serve to be converted into energy and then to be supplied to the working muscles. No matter how you slice it, the working muscles are the end game. Therefore, they are the prime limiting factor of how fast—or far—you can run.

But simply having bigger, stronger muscles isn't the goal of training. A powerlifter who specializes in the squat may have very big and strong leg muscles. This doesn't mean that the powerlifter will be able to run better than an elite runner who has smaller muscles. The reason for this is of course the specificity of what the muscles can do, and there are more components that determine what a muscle can do other than its size.

For a distance runner, the muscles should be:

- Strong (an absolute measure of how much work can be done with a muscle),
- Powerful (able to produce force over a short period of time), and
- Efficient (able to produce the desired contraction without wasting energy through accessory motion).

Therefore, a runner's muscles may benefit from being restructured through training so that they are able to:

- Contract with less internal motion (improved running economy)
- Contract with less large-scale motion (improved running economy and biomechanics)
- Produce more power (by building strength and then being able to utilize this strength in a quick contraction)
- Use fuel more efficiently (through optimizing glycogen storage and fat metabolism)
- Have improved efficiency at race pace (specifically adapting running economy to the demands of race day)

The focus of physical training should be to maximize these five factors.

The ability of the heart, lungs, vascular system, and metabolic systems to support these adaptations is of the utmost importance, but it should never be confused with focusing on the muscles' ability to produce force into the ground and move a runner forward.

Fortunately, you don't have to choose to train the muscles or the heart and lungs. By training one, you will consequently take the others along for the ride. But if an athlete were to focus on the heart and lungs, they may argue that riding a bike would be as beneficial as running. This would not be the best plan if one's goals were to improve their running (see the section "Lance Armstrong vs. Paul Tergat: Who Would Win?" in chapter 7). The best tactic is to focus on training the muscular system for the demands of race day and to allow the heart and lungs to come along for the ride.

This is good news! It means that traditional workouts such as hard intervals or extended tempo runs can (and should) still be done. Yet a small tweak in the *way* they are run can be done in order to make them specific for *your* desired race distance and goal pace. This distinction is the difference between a runner who trains harder and faster, hoping that they'll get better, and a runner who trains specifically for a performance peak.

Appendix B

Improving Stroke Volume

Stroke volume is the volume of blood expelled by the heart during contraction. If a runner wants to increase blood and oxygen delivery to the working muscles, there are only two ways to improve it: increase the heart rate and increase the stroke volume.

Because maximal heart rate is largely untrainable, training the stroke volume becomes the only way to increase cardiac output. When the heart is forced to work beyond peak output (at very fast paces), increased myocardial contractility is the result.[305]

Higher-intensity running for shorter durations is the best way to improve stroke volume, and therefore it not only has the capacity to improve the efficiency of the heart (as does traditional interval training), but it has the added benefit of improving the absolute limit of how much blood can be delivered from the heart.

[305] Nóbrega et al., "Mechanisms for Increasing Stroke Volume."

Appendix C

How to Healthfully Lower Your BMI

The short answer is through diet. Diet is a bigger predictor of health and body fat percentage than exercise.[306]

We know that in the general population, people with a plant-based diet have the lowest BMIs, and we know that empirical evidence shows that elite runners have a low body fat percentage.

We also know that one of the chief reasons why people on plant-based diets have lower BMIs is because their diets are generally lower in total fat and higher in total carbohydrates.

That's good news because we *also* know that runners with diets high in carbohydrates have better running economies than do runners with higher-fat or ketogenic diets. Three weeks of intense running training combined with a low-carb, high-fat ketogenic diet, in elite runners, despite an increase in aerobic capacity, actually *impaired* running performance due to a reduction in RE.[307] Conversely, a period of high carbohydrate intake improves running performance, due to a reduced oxidative demand of the substrate.[308]

Therefore, although your training really matters, it is an uphill battle if excess body fat is being carried around. The increased energy demand of just one extra pound carried on the body equates to slowing you down by about two seconds per mile.[309]

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[306] TEDx Talks, "The Plant-Based Diet. Michael Greger, MD."
[307] Burke et al., "Low Carbohydrate, High Fat Diet."
[308] Burke, "Ketogenic Low-CHO, High-Fat Diet."
[309] Cureton et al., "Effect of Experimental Alterations."

This estimate assumes that that weight is carried near your center of mass, or around your waist. As that weight moves closer to your feet, it has up to six times more impact on your performance.[310] So, assuming that your legs have any weight to lose at all, the performance benefit of losing even just one pound is more likely to be closer to three seconds per mile.

Simply moving from an "average" to a "healthy" BMI, or from a "healthy" BMI to an elite BMI, may represent approximately 35–40 pounds of body weight. Shedding that weight alone, regardless of training, is enough to take off approximately 45 minutes from a marathon. That's a whole heck of a lot!

Even if you only have 10 pounds of weight as additional body fat (a very conservative number for many people), losing that weight can improve your marathon by roughly 13 minutes.

And that's if the weight loss were in a vacuum. Assuming that that weight is lost through healthy strategies (meaning not starving oneself or cutting off a limb), then there are likely to be many more additional benefits. Eating the plant-based diet that can lead to this weight loss may also cause a beneficial alkalizing of the blood, improved artery function, better recovery, and a myriad of other benefits that will likely improve your training and racing *even more* than just losing the weight.

How to Lose Weight and Not Die-t

When it comes to weight loss, I'm not that author who is going to show you before and after pictures and fill the pages with anecdotes. I'm interested in what the best available evidence-based published research says right now.

With enough portion control, anyone could lose weight. You could lock someone in a basement and force them to lose as much body fat as you'd like. But that's hardly an effective strategy if the goal is also to be running. Similarly, you could chain someone to a treadmill and perhaps get a similar result. Cutting off unnecessary appendages would work too.

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[310] Myers and Steudel, "Effects of Limb Mass."

But what's the best regimen that doesn't involve calories restriction, exercise, or a felony?

The single most successful strategy is a diet of whole plant foods. The BROAD study, which was a randomized controlled trial using a whole food plant-based diet for treating obesity, achieved a greater weight loss at 6 and 12 months than any other trial that does not limit energy intake or mandate a certain exercise ever has before.[311]

We've known for more than 40 years that those who eat predominantly plant-based diets weigh on average about 30 pounds less than the normal population.[312] But we haven't been sure if it was the diet itself that led to the lower weight or if it was just that the kinds of people who gravitate toward such a diet also have other habits that lead to lower weight. That's why the BROAD study is so important—it controlled for lifestyle and put the diet to the test.

During the BROAD study, researchers in New Zealand went to the region with the most obesity in the country and randomized participants into two groups, one that received standard medical care for reducing body weight and one that received semi-weekly classes offering advice on fruits, vegetables, whole grains, and legumes. The test group was only informed about the benefits of this diet, and that was it. They were left on their own to make their own decisions. Even without any restrictions on portions, members of that test group lost an average of 19 pounds by the end of the study.

When the study ended, the instruction was stopped, and participants went back to normal life. The researchers wanted to know how much weight they gained back after being turned loose, and they did a follow-up study a full six months later. What they found was amazing! At six months, the participants had continued to lose weight and were down an average of 27 pounds. The group reported a very high statistical significance of subjects both feeling physically better ($p = <0.0001$) and mentally better ($p= <0.01$).[313]

What about a year later?

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[311] Wright et al., "The BROAD Study."

[312] Sacks et al., "Plasma Lipids and Lipoproteins."

[313] Wright et al., "The BROAD Study."

Even in studies that last a year, by the end of a few months, weight lost generally starts to creep back in and rise again. The BROAD study only lasted three months, and after a whole year had passed, the participants had not only lost more weight than in any other study done before, but they had kept it off more than in any other comparable trial.

Anyone can lose weight for a short period of time through sheer will. The difference with the whole food plant-based diet is that people are encouraged to eat *ad libitum* and to focus their efforts on improving the quality of their food rather than on restricting the quantity or using exercise as the main strategy for weight loss.

When eating a diet high in whole plants (fruits, vegetables, grains, and legumes) and eating as much as they like, the average person will consume 50% fewer calories during the day.[314] This is possible because they're eating more calorie dilute foods that are high in fiber and fewer calorie dense foods such as meats, cheeses, sugar, and fats.

But it's not just about the calories consumed…

On such a whole food plant-based diet, it appears that the body burns more calories at rest or during sleep! The resting metabolic rate of people on a whole food plant-based diet is up to 10% higher, which can translate into burning hundreds of calories more per day, even without doing anything (where non-plant-based individuals burned an average of 1254 kcal/day, those on the whole food plant-based diet burned 1536 kcal/day).[315]

If there is one recommendation to make based on these findings, it's to wall off your calories. Animal cells have easily digestible membranes, which allow our guts to effortlessly get the calories out of them. Plants have walls around their cells that, in our diet, act as an indigestible physical barrier. This results in more being required to break them down and digest them. The result is that this slows down digestion and reduces blood sugar spikes.

That's why a *whole* food plant-based diet is best. When plants are ground up and pulverized (like in grain flour), their cell walls are destroyed, and they are now more easily and quickly digested, which can

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[314] Duncan, Bacon, and Weinsier, "The Effects of High and Low Energy Density."

[315] Toth and Poehlman, "Sympathetic Nervous System Activity."

cause spikes in blood sugar. If you eat structurally intact plant foods, you avoid these problems, and you also regulate the *ileal brake* that dials down your appetite.[316] These are all good things if you're wanting to reduce body fat, improve BMI, reduce all-cause mortality,[317] and race faster.

In short, get as many of your calories (carbohydrates, proteins, and fats) as you can from sources that are encased in cell walls. This would be from plants, in their intact form.

I recommend checking out an outstanding runner, Michael Arnstein, on YouTube. His channel is called TheFruitarian (or see the "Michael Arnstein" case study in chapter 14).

[316] van Citters and Lin, "The Ileal Brake."
[317] Kim, "Plant-Based Diets."

Appendix D

The 80/20 Principle

1896 was quite a year for running. Most notably, it was the year that the ancient Olympic Games were resurrected and held in Athens, Greece.

1896 was also the year that Italian economist Vilfredo Pareto made an odd discovery that we've found today to apply in almost every walk of life, including running.

In that year, Pareto wrote *Cours d'économie politique*,[318] documenting that 80% of the land in Italy was owned by 20% of the population. He later found that this same ratio applied to all the wealth in Italy too.

What Pareto didn't yet realize was that this principle (eventually named the Pareto principle in his honor, and in the last decade often referred to as the 80/20 principle) applies not only to land and wealth, but to almost anything you can imagine. Some examples of the 80/20 principle are:

- 20% of your living room rug gets 80% of the total wear.
- 20% of your clothes are worn 80% of the time.
- **20% of your training yields 80% of your fitness results.**[319]

In 2004, a study was done looking at elite marathoners who were training for the upcoming Olympics, finding that nearly 80% of their mileage was run at a pace slower than race pace.[320]

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[318] Laoyan, "Understanding the Pareto Principle."

[319] Langel, "100 Short Examples of Pareto's 80/20 Rule."

[320] Karp, "Training Characteristics of Qualifiers for the U.S.," 72–92.

What is even more staggering is that the Pareto principle applies even to itself! This means that even though 20% of your training is producing 80% of your results, if you zoom in on just that 20% that really matters, you still find that just 20% of *that* produces 80% of the results. In other words, **just 4% of your running yields 64% of your results.**

This doesn't mean that you could cut your mileage down to 4% of what you were doing and still retain 64% of the results. It means that in an ideal training plan, most of your running will focus on general running adaptations, and only when a very large base of fitness has been achieved will a small amount of targeted specific training yield a *massive* gain in performance.

This is the take-home message of the 80/20 principle—that the vast majority of training over an entire season should be easy. This does not mean that it should all be slow. In fact, easy training can be very fast, if done for a very short interval—a concept that we set up together in chapter 10, "Base Training."

Coleen

One of my runners is a shining example of using the 80/20 principle to chop over a full minute off her 5K race in just two weeks.

It was April, and Coleen had been training for an October marathon. Training was going well, and she was in an extended period of base training. She was not running any tempo runs or intervals, or even running at 5K pace at all, focusing instead on the early stage development of her marathon. At this point, she decided to jump in on a fun 5K just to see where her fitness was. She ran a personal record (without any 5K training!) but missed breaking the barrier she really wanted by four seconds.

Coleen decided that she really wanted to break this barrier in order to enhance her confidence. I would normally advise a runner not to get hung up on nonspecific races and to do them just for fun, but she wanted to run faster. We agreed that it wasn't worth spending significant time training for a 5K. We had clarity on what her real goals were in the marathon and didn't want to detract from that. But we decided that it was worth it to spend a short period of time tuning up for a 5K.

Coleen immediately signed up for a 5K that was 13 days later. We did only two 5K-specific workouts during this time, and in that short time, she took over a minute (1:04) off her 5K PR!

This is a perfect illustration of the power of putting 80% of your running into foundational training. Because Coleen had been doing so for months, she was able to perform 5K workouts at a very high level and to do multiple mile reps at faster-than-5K pace. Had she not focused on building her mileage and her raw speed over the previous five months, she wouldn't have been able to do those two big 5K workouts, and she likely would not have taken off so much time so quickly.

Much of the power of the 80/20 principle is in your ability to rapidly skyrocket your performance in that very short final 20%—or even 4%—of your training. In this case, it was just two weeks.

Appendix E

Common Myths About Fueling for a Race

Spaghetti Dinner!

The night before a big race, many events host a pasta dinner. Runners show up and generally have a good time bonding, getting their heads in the game, and loading up their bellies. The idea of carb-loading seems logical. You need carbohydrates in order to fuel explosive movement, and when most people think of a carbohydrate, they picture pasta and bread.

Problem #1: Fat

These dinners are not high carb, they are high fat. Fat has more than twice as many calories per gram as carbohydrates or protein, which means that even a small volume of fat contributes a large percentage of calories to a meal.[321]

The pasta itself is actually high in carbohydrates, but it goes downhill from there. Most sauces used have olive oil and cheese added to them, both very high in fat. Then more grated cheese is added on top.

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[321] "Food and Nutrition Information Center (FNIC."

Often, there are meatballs or meat sauce containing even more fat. A salad is normally included and, because lettuce is so dilute in calories, even the addition of one tablespoon of oil to two whole heads of lettuce (which is far more than most people eat) makes the salad a high fat meal.

Fat impedes your ability to use sugar the next day.[322] There is a loss of ability to move sugar from the blood across the blood vessels and into the working muscle. It's also not necessary to consume extra fat as fuel storage, as even the most lean runner's body has enough fat reserves to run many marathons.[323]

Problem #2: Salt

> *Our bodies are meant to have a certain balance of sodium and potassium intake, yet the majority of people in the U.S. get vastly more than the recommended amount of sodium… and, it turns out, far less than the recommended amount of potassium.*

Worldwide, physical inactivity accounts for more than 10 million years of healthy life lost per year, but what we eat accounts for nearly 20 times that. Unhealthy diets shave almost 200 million disability-free years off people's lives every year.

What are the worst aspects of our diets? Four out of the five of the deadliest dietary traps involve not eating enough of certain foods: not eating enough whole grains, not eating enough fruits, not eating enough nuts and seeds, and not eating enough vegetables. But our most fatal flaw is too much salt. Just to help put things in perspective, this is on the order of 15 times deadlier than diets too high in soda. According to the FDA Commissioner Scott Gottlieb, MD, "There remains no single more effective public health action related to nutrition than the reduction of sodium in the diet."

This is why national and international health organizations have called for warning labels on salt packets and salt shakers, with messages

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[322] Khambatta and Barbaro, *Mastering Diabetes.*

[323] Hamilton, "Running and Body Fat."

like "too much sodium in the diet causes high blood pressure and increases risk of stomach cancer, stroke, heart disease, and kidney disease. Limit your use."

Salt also increases inflammation. For example, sodium intake is associated with increased disease activity in multiple sclerosis, an inflammatory autoimmune nerve condition––about three to four times the exacerbation rate in those with medium or high sodium intakes compared to those getting less than a teaspoon (less than 6 grams) of salt total in a day.

Where's sodium found, though? In really crappy foods. So, it's hard to know if increased salt intake is just a marker for a bad diet overall. But what we do know is that salt and high blood pressure are cause and effect. How? Because we have more than a hundred randomized controlled trials demonstrating that if you cut down on added salt, your blood pressure falls, and the more you cut down, the better. Part of the mechanism may be the damage salt may do to your microbiome, the friendly flora in your gut.

And no wonder. Our bodies evolved only to handle about 750 mg a day. The American Heart Association says we should stay under at least twice that about, but we're eating more than four times what's natural. And it's only getting worse, increasing over the last decade. Anyone care to guess what percentage of Americans exceed the 1,500 mg upper limit recommendation? More than a decade ago, the answer was 98.8% —just think what it might be today!

Most U.S. adults consume too much sodium and, at the same time, too little potassium, a mineral that lowers blood pressure. Less than 2% of U.S. adults consumed the recommended daily minimum intake of potassium. So, more than 98% of Americans eat potassium-deficient diets. This deficiency is even more striking when comparing our current intake with that of our ancestors, who consumed large amounts of dietary potassium. Our ancestors probably got more than 10,000 mg a day. The recommendation today is to get around half that, yet most of us don't come anywhere close.

Put the two guidelines together, and sodium and potassium goals are currently met by less than 0.015% of the U.S. population. So, we're talking close to 99.99% noncompliance. Only 1 in 6,000 Americans even hits the recommended guidelines.

Appendix F

Complementary Training

In this appendix, you'll find some entry-level information on a few devices, practices, and supplements that can be very useful in enhancing performance.

Underwater Treadmills

Underwater treadmills are a fantastic way to continue to train even when injured. Most runners will not utilize them simply because they believe getting to one may be inconvenient or expensive. This can be a huge advantage to a runner who is very committed to their training. I don't think that underwater treadmills are necessary if an injury occurs early in training, but when you are in your specific phase of training leading up to a peak race, they are indispensable if an injury does occur.

- Here is a great article on how Galen Rupp used underwater treadmills to help him break the Olympic Trials Record: https://www.prweb.com/releases/2012/6/prweb9639001.htm.
- Then, if you'd like to book your own sessions, you can locate these treadmills to rent for your own use at https://www.hydroworx.com/contact/locations/.

AlterG Treadmills

An AlterG treadmill essentially reduces the atmospheric pressure from your waist down by surrounding your lower body with pressurized air. This can allow an injured runner to start running earlier if they need to minimize impact. It can also allow a fit runner to perform workouts at paces that they otherwise couldn't sustain for as long. This is a great tool for improving fitness, especially over the middle distances (1,500m—10,000m).

AlterG treadmills can be found in many major cities. You can rent them for either 30 or 60 minutes at a time. You can find a location near you at this link: https://alterg.com/find-an-alterg.

Strength Training

Because there are so many resources out there, I invite you to a free training that I did for my VIP runners where I break down the top five strength exercises that many runners will benefit from. This in-depth training explains which exercises elites use and why you want to do them so that you understand exactly how and why each one will benefit you the most. You can get this training completely for free by going to runelitebook.com/bonuses and clicking on "Strength Training."

NAD^+

I recommend getting a subscription to LifeForce NMN supplement. You can get a discount on your first purchase, and an additional discount if you do a monthly subscription. I recommend getting both discounts, letting yourself receive three to four months of the monthly subscription and then temporarily canceling. Each bottle may last you more than a month, so you may have 6–12 months of supply at that point at the maximum discount, and you can just resubscribe when you run out if you found that it was beneficial for you. I do not benefit from this referral, and this is the strategy that I personally use.

Breath and Cold Training

I recommend getting one of Wim Hof's online courses, which will help you progress through cold and breath work. I've personally used the 10-week version and can recommend it. I do not benefit financially from this referral; I just personally believe that he's the best in the world at teaching these practices.

Appendix G

The Art of Letting Bad Things Happen (Injuries and Setbacks)

The famous coach Jack Daniels says that injuries are a blessing in disguise because they prolong your career. Injuries are indeed a blessing in disguise… if you allow them to be.

I worked in sports medicine for six years at Colby-Sawyer College, Dartmouth College, and High Point University, as well as in the performance clinic at Athletic Republic and in physical therapy hospitals. The athletes I worked with included swimmers, soccer players, the entire Dartmouth football team, sub fourteen minute 5K runners, and 64-year-old ultra-marathon runners. I've seen injuries from a persistent plantar fasciitis that took a year to fix to a tibia (lower leg) fracture that left the bone hanging out for all to see. The range of injuries is vast; what does not change is the process by which an athlete gets back to full participation after an injury.

Here's the truth: my college professors and those really smart sports medics who I learned from for years, as well as the overly bulky and heavy textbooks that are necessitated by accredited universities, may say that injury recovery is a result of going through the stages of healing, optimizing the environment for healing, and doing logical and progressive rehabilitation. And they'd be right… sort of.

Lewis Thomas, the great American doctor who specialized in translating the mysteries of biology through philosophy and poetry, said that the great secret to medicine is that people will tend to get better on their own. We just need to get out of our own way.

Instead of a chapter explaining the healing process and principles for recovering from various running injuries, I'm going to share with you the one thing that really matters. It is so obvious, so big, and so impactful that many will not pay it any attention and will want to instantly move on to what the new drug or therapy is. This is a grave mistake.

The truth is that most things get better on their own. The problem is not the injury (as it will get better on its own); the problem is the emotional worry, the fear of loss, the being pulled off momentum, and the failure in performance that result from the injury. These are the things that hurt, and these are the things that cause a problem. Injuries are only situations, and what you believe about your injury will determine how you experience it.

As I write this chapter, I am on a beach vacation where my intention was to run twice per day on the beach and work on this book the rest of the time. Things were going well.

But just last night, I somehow tweaked my back about an hour before bedtime. I thought I'd sleep it off, but it hurt this morning too. I was committed to running, so I laced up and got on the beach bright and early and tried to warm it up.

I spent 40 minutes stretching, lifting my legs in strange ways, walking, and trying to get my back to loosen up. It didn't. No running today.

In a way it stinks, but only if I focus on what I lost. Instead, I took myself out to a nice lunch and wrote in my journal, *"Everything is happening for me. I'm not supposed to run today. Maybe I'm avoiding stepping in a pothole. Maybe I'd have injured myself for real if I tried to run today. It's my mom's birthday, and I'm going to use this extra time to call her."*

I spent the rest of the day sitting at a park and reading. I got to see dolphins leap out of the water right in front of me! I wouldn't have seen that had I been running.

I got to send a few photos of the book I'm reading to my client, as I knew the photos would help her. I wouldn't have had time to do that had I been running.

I got to try out a new vegan restaurant in Charleston, South Carolina. I wouldn't have been there had I been running.

And now, in the evening, looking out over a lake while I type this, I have more energy to work later into the night than had I been super tired

from a double run today. Not only that, but I'll have more energy for when I return home, and I can get more miles on hilly trails instead of the flat beach. Everything is definitely working out, all the time.

Injuries are real. But only to someone who stops the story at the injury. To someone like the "World's Greatest Coach" Jack Daniels, injuries are not a failure, they are a blessing, because they prolong your career.

And I believe it doesn't need to stop there. Perhaps an injury does not prolong a career and instead ends it. There is still a blessing in disguise if it is found.

One of the greatest minds of the last century (and the father of modern self-help) Napoleon Hill says that "every adversity comes with it the seed of an equivalent advantage,"[324] meaning that there is always an opportunity to capitalize on a lesson or a new opportunity or to let go any time something unwanted seems to happen in life. This does not mean that every setback automatically *brings* an equivalent advantage; Hill says it brings the *seed* of an equivalent advantage. It is up to you to find that seed and nurture it.

Sound too "woo-woo" for you? Let's look at some real-life examples. Don't worry, I'm going to give you the practical medical stuff too, but don't miss the *truth* by looking for the *thing*.

- Haile Gebrselassie badly hurt his Achilles tendon leading up to the Sydney Olympics in 2000. It later required that he have surgery, but the injury sidelined him for weeks leading up to the Games.[325] He kept focused on what he wanted, and that was to win. He didn't let the injury get into his emotional gut, where it could cause him doubt. He focused on his many decades of success and his uncanny ability to rise to the challenge. He didn't run, and he arguably lost a lot of fitness in these critical weeks. When it came time for the 10,000m final, though, not only did he win the gold medal, but he did it by outsprinting the legendary Paul Tergat over just the final 50 meters in the closest Olympic

[324] Hill, *Wishes Won't Bring Riches*, 55.
[325] Clarey, "Track and Field."

distance race in history. Gebrselassie focused on who he was, what he believed, first, and only then did he implement modern sports medicine to help him get to the starting line. Most runners would have let such a surgery break them and would not have competed at all, or would not have believed that they could win.

- I suggest that you go google the story of Art Berg and let him tell you his moving tale. Better yet, I suggest that you get a copy of the out-of-print (but still available on eBay) *Anthony Robbins' PowerTalk* audio of Art Berg, the full interview.

  As Berg tells it in the interview, it was Christmas, and Art left his family after a warm morning to go get married to the woman he loved. What a day! But on that day, his driver crashed, and Art became a quadriplegic. His ability to do much of anything was robbed from him. Yet he became a better man for it. Hear him in his own touching words describe his journey becoming the first quadriplegic to learn to use his hands. No, he didn't regain the use of the nerves; he just figured out how to use reflexes to learn to hold a pen and use it. This man changed what we thought was possible about what most would call a misfortune. And when asked if he would change that fateful day, Art responds with a genuine no that you believe wholeheartedly when listening to him. There is no such thing as a setback—only an opportunity.

Take a Moment to Reflect and Journal

Let Art's story inspire you for a moment. Think of a time when you went through something tough in life (a breakup, being fired, the loss of a loved one, etc.).

Can you look back on that situation and see how it drove you to become who you are today? Would you trade it for anything? And even though it really sucked at the time (like any injury, whether physical or emotional, does), didn't the growth that it provoked give you back much more than it took?

Additional Resources

Scan For Masterclass

Masterclass:

Full Training on "The 3 Shifts Elite Runners Make That Most Runners Never Do" can be found at runelitebook.com/webinar

Scan for YouTube Channel

Social:

YouTube: @runelitecoach
Instagram: @runelitecoach
Book website: runelitebook.com
Coaching website: andrewsnowcoaching.com

Contact:

To book Andrew for speaking events or podcasts, email runelite@andrewsnowcoaching.com.

About the Author

Andrew Snow is a performance and mindset coach for distance runners and founder of *Run Elite*, a unique program for guiding runners to outstanding improvements in performance from the 5K to the ultramarathon distances due to his unique system of combining mindset tactics with world-class training science. He holds a degree in exercise physiology, a master's degree in biomechanics, and has trained extensively under the *Tony Robbins' Master University* system for creating rapid life change. With 27 years of competitive running experience, Andrew has achieved a conference title on the track, multiple finishes in the Boston Marathon, and in 2013 hung up his road shoes to pursue trail ultra-running, where he has won many races and has completed several races over 100 miles, including the iconic Tahoe 200-mile endurance run. Notably, he also holds a black belt in the International Tae Kwon Do Federation, and when not traveling to find, and eat, the best-quality tropical fruit, he resides in the picturesque mountains of Asheville, NC, where he continues to run.