



How to Race the Mile: Learning Effective Tactics from Great Runners and Races

Jeff Hollobaugh

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The ultimate guide to racing strategy and tactics in track's most celebrated event, the mile and its sister distances, 1500m and 1600m. Based on interviews with some of the world's greatest runners, including Olympic champions, World champions and world record holders, the book shares the combined experience and wisdom they have accumulated in thousands and thousands of races. Highlighted in the text are over 60 important races that are analyzed to show the advantages and disadvantages of various racing styles. This is the first-ever book to go in-depth on the subject of mile racing. A must for every competitive runner, and a fun read for every fan.

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