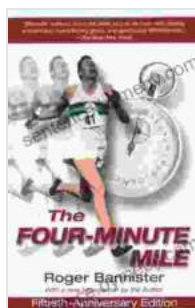


Celebrating the 50th Anniversary of the Sub-Four Mile: The Four Minute Mile Fiftieth Anniversary Edition

The Day the Impossible Became Reality

On May 6, 1954, at the Iffley Road Track in Oxford, England, Roger Bannister, a 25-year-old medical student, made history by becoming the first person to run a mile in under four minutes. His time of 3:59.4 shattered the long-standing barrier that had eluded countless athletes for decades.



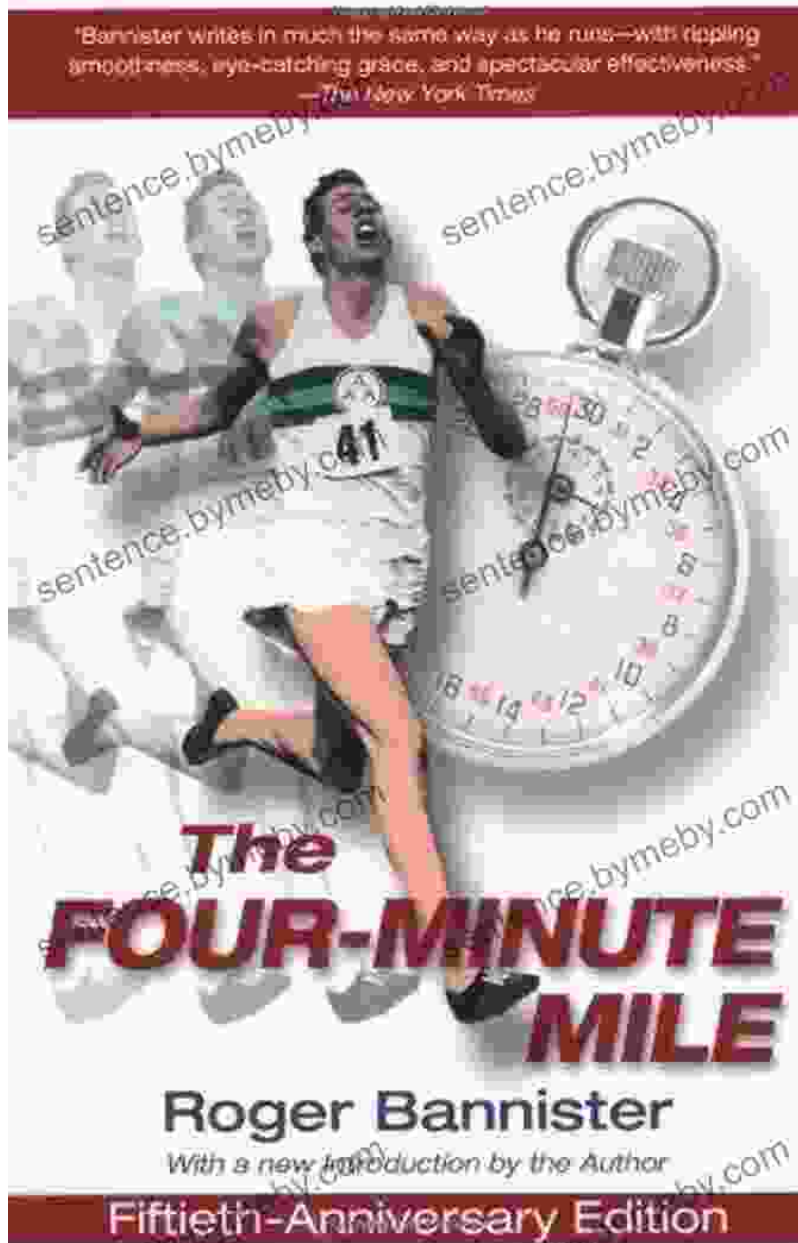
The Four-Minute Mile, Fiftieth-Anniversary Edition

by Roger Bannister

★★★★☆ 4.7 out of 5

Language : English
File size : 2555 KB
Text-to-Speech : Enabled
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 283 pages
Lending : Enabled
Screen Reader : Supported





The Four Minute Mile Fiftieth Anniversary Edition is a comprehensive and captivating account of this extraordinary achievement. It delves into the personal stories of Bannister and his fellow pioneers, examining the groundbreaking techniques and unwavering determination that made this milestone possible.

Unveiling the Secrets of the Sub-Four

The book meticulously dissects the training methods and physiological adaptations that enabled Bannister and other elite runners to break the four-minute barrier. It explores the role of interval training, diet, and mental preparation in pushing the limits of human endurance.

Beyond the technical details, *The Four Minute Mile Fiftieth Anniversary Edition* paints a vivid picture of the social and cultural significance of this milestone. It captures the euphoria and inspiration that spread throughout the world, igniting a passion for running and proving that even the most daunting barriers can be overcome.

Celebrating the Legacy of a Sporting Icon

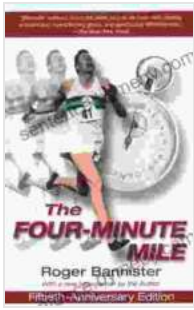
Fifty years after Bannister's historic run, his legacy continues to inspire generations of athletes and non-athletes alike. *The Four Minute Mile Fiftieth Anniversary Edition* pays tribute to Bannister's unwavering spirit and his enduring impact on the world of sports.

Featuring exclusive interviews, rare photographs, and a foreword by Bannister himself, this book is a must-read for anyone interested in running, history, or the triumph of the human will.

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Experience the thrill of the sub-four mile and be inspired by the story that changed the course of running forever.



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