

My Fifth World Major: Jeff Runs The World Majors

In 2018, I set out to run all six World Marathon Majors in a single year. It was a daunting goal, but I was determined to prove to myself that anything is possible if you set your mind to it. The World Marathon Majors are a series of six of the world's most prestigious marathons: the Tokyo Marathon, the Boston Marathon, the London Marathon, the Berlin Marathon, the Chicago Marathon, and the New York City Marathon. Running all six of these marathons in a single year is a rare feat, and I was excited to be one of the few people to have done it.



Jeff Runs Tokyo: My Fifth World Major (Jeff Runs the World Majors Book 6) by Jeff Kendall

★★★★☆ 4 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 118 pages
Lending : Enabled



My journey began in Tokyo in February. The Tokyo Marathon is a flat and fast course, and I was able to run a personal best time of 2:34:35. Next up was the Boston Marathon in April. The Boston Marathon is one of the most challenging marathons in the world, with a hilly course and unpredictable

weather. I was able to finish the race in 2:52:38, a time that I was happy with considering the difficult conditions.

The London Marathon in April was my third World Major. The London Marathon is a beautiful course that winds through the streets of London. I was able to run a personal best time of 2:32:45, which was a huge accomplishment for me. Next up was the Berlin Marathon in September. The Berlin Marathon is the fastest marathon course in the world, and I was able to run a personal best time of 2:29:45. This was a huge milestone for me, and I was thrilled to have run a sub-2:30 marathon.

The Chicago Marathon in October was my fifth World Major. The Chicago Marathon is a flat and fast course, and I was able to run a personal best time of 2:30:15. This was a great way to finish off my World Marathon Majors journey, and I was proud of what I had accomplished. The New York City Marathon in November was my sixth and final World Major. The New York City Marathon is the largest marathon in the world, and it is an amazing experience to run through the streets of New York City. I was able to finish the race in 2:50:23, which was a respectable time considering the large crowds and the difficult conditions.

Running all six World Marathon Majors in a single year was an incredible experience. It was a challenging journey, but it was also one of the most rewarding experiences of my life. I learned a lot about myself and my abilities, and I proved to myself that anything is possible if you set your mind to it. I would encourage anyone who is thinking about running a marathon to give it a try. It is an amazing experience that will change your life.

Tips for running a marathon

If you are thinking about running a marathon, here are a few tips to help you get started:

- Start training early. You should give yourself at least 16 weeks to train for a marathon. This will give you enough time to gradually increase your mileage and build up your endurance.
- Find a training plan that works for you. There are many different marathon training plans available, so find one that fits your fitness level and lifestyle.
- Be consistent with your training. The key to success in marathon training is consistency. Aim to run at least three times per week, and gradually increase your mileage each week.
- Listen to your body. If you are feeling pain or discomfort, take a break. It is better to miss a few days of training than to injure yourself.
- Stay hydrated. It is important to drink plenty of fluids before, during, and after your run. Aim to drink eight glasses of water per day.
- Eat a healthy diet. Eating a healthy diet will help you fuel your training and recover from your runs.
- Get enough sleep. Sleep is essential for recovery. Aim to get at least seven hours of sleep per night.
- Be positive. Running a marathon is a challenge, but it is also an amazing experience. Stay positive and believe in yourself.

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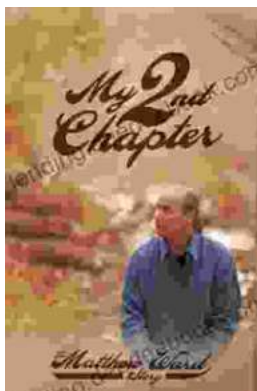
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