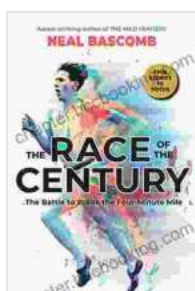
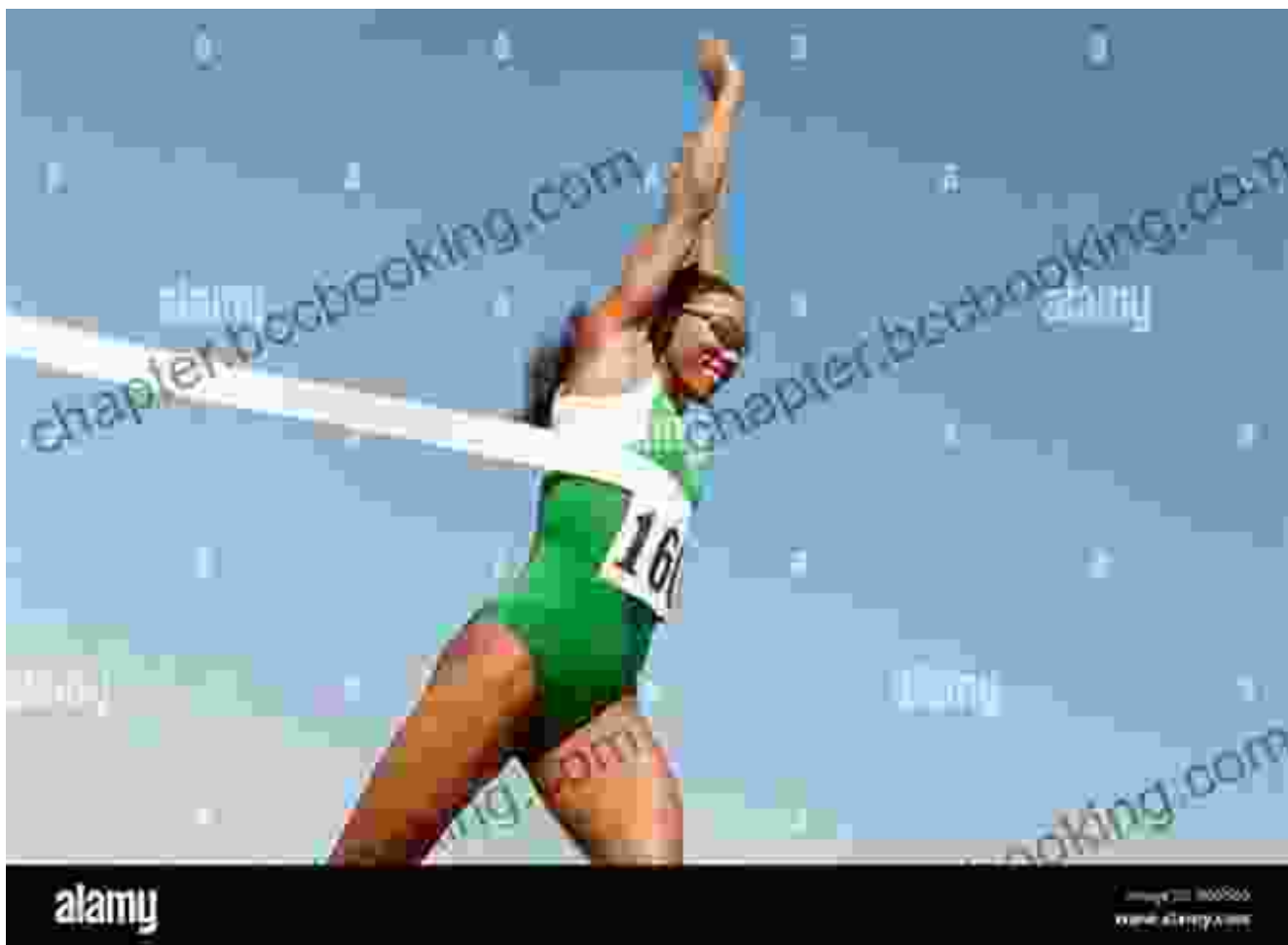


The Battle To Break The Four Minute Mile



The Race of the Century: The Battle to Break the Four-Minute Mile by Neal Bascomb

★★★★★ 5 out of 5

Language : English
File size : 33496 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 238 pages
Lending : Enabled



For centuries, the four-minute mile was considered an impossible feat. Runners would come close, but no one could quite break the barrier.

That all changed on May 6, 1954, when Roger Bannister, a 25-year-old medical student from England, ran the mile in 3:59.4. Bannister's achievement was not just a personal triumph; it was a major milestone in the history of running.

The story of how Bannister broke the four-minute mile is a fascinating one. It is a story of hard work, dedication, and perseverance. It is also a story of the power of belief.

Bannister began his running career as a teenager. He was not a natural runner, but he had a strong work ethic and a burning desire to succeed. He trained tirelessly, often running for hours on end.

In 1952, Bannister came close to breaking the four-minute mile. He ran the mile in 4:00.6, just 0.6 seconds off the world record. But it wasn't enough. Bannister was determined to break the barrier.

Bannister continued to train hard. He also worked with a coach who helped him to improve his technique. In May 1954, Bannister felt that he was ready to make another attempt at the four-minute mile.

On May 6, 1954, Bannister lined up at the starting line of the mile at the Iffley Road track in Oxford, England. The race was closely contested, but Bannister pulled away from his opponents in the final stretch. He crossed

the finish line in 3:59.4, breaking the four-minute mile barrier by 0.6 seconds.

Bannister's achievement was met with widespread acclaim. He was hailed as a hero and was awarded the Freedom of the British Empire. But Bannister's greatest achievement was not his world record; it was his role in inspiring others to believe that anything is possible.

The four-minute mile has been broken many times since Bannister's triumph. But his achievement remains a symbol of human potential. It is a reminder that with hard work, dedication, and perseverance, anything is possible.

The Legacy of the Four-Minute Mile

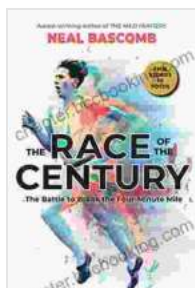
The four-minute mile has had a profound impact on the world of running. It has inspired countless runners to push themselves to the limit. It has also helped to raise the profile of running and has made it a more popular sport.

The four-minute mile is also a metaphor for human achievement. It is a reminder that anything is possible if you set your mind to it. Bannister's achievement has inspired people from all walks of life to pursue their dreams and to never give up on their goals.

The Book: The Battle To Break The Four Minute Mile

The Battle To Break The Four Minute Mile is a gripping account of the history of the four-minute mile. The book tells the stories of the runners who came close to breaking the barrier, as well as the story of Roger Bannister's triumph.

The Battle To Break The Four Minute Mile is a must-read for anyone who is interested in running, history, or human achievement.



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