



# Unbreakable Runner: Unleash the Power of Strength & Conditioning for a Lifetime of Running Strong

By T.J. Murphy, Brian MacKenzie

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**Unbreakable Runner: Unleash the Power of Strength & Conditioning for a Lifetime of Running Strong** By T.J. Murphy, Brian MacKenzie

***A New York Times Best Seller!***

***Men's Journal Health Book of the Year***

In *Unbreakable Runner*, CrossFit Endurance founder Brian MacKenzie and journalist T.J. Murphy examine long-held beliefs about how to train, tearing down those traditions to reveal new principles for a lifetime of healthy, powerful running.

*Unbreakable Runner* challenges conventional training tenets such as high mileage and high-carb diets to show how reduced mileage and high-intensity training can make runners stronger, more durable athletes and prepare them for races of any distance.

Distance runners who want to invigorate their training, solve injuries, or break through a performance plateau can gain power and resilience from MacKenzie's effective blend of run training and whole-body strength and conditioning.

CrossFitters who want to conquer a marathon, half-marathon, or ultramarathon will find endurance training instruction with 8- to 12-week programs that combine CrossFit™ workouts with run-specific sessions.

*Unbreakable Runner* includes CrossFit-based training programs for race distances from 5K to ultramarathon for beginner, intermediate, and advanced runners. Build a better running body with this CrossFit Endurance-based approach to running training.

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### Editorial Review

Review

**A New York Times Best Seller!**

**Men's Journal Health Book of the Year**

“CrossFit Endurance founder Brian MacKenzie and Ironman triathlete T.J. Murphy shoot down distance-running doctrines in *Unbreakable Runner*, and explain how upping intensity, slashing mileage, and incorporating specific strength and conditioning work will make you a stronger, faster, more injury-resistant runner – whether in a 10K or an ultramarathon.” **Men's Journal**

“In his new book *Unbreakable Runner*, MacKenzie tears down these traditions to reveal the new rules for fast, powerful running.” **Competitor magazine**

“MacKenzie has opened doors to coaches and runners, offering proven solutions to a myriad of problems that persistently vex runners of all ages, abilities, and backgrounds.” **Dean Karnazes, ultrarunner**

“*Unbreakable Runner* should appeal to all those with an injury-prone background who want to seek a more effective ways of training.” **Athletics Weekly**

“*Unbreakable Runner* is a game changer. For 10+ years I followed a "traditional" approach to training for races from 1/2 marathon to 100-mile distances with mixed race-day results. After turning 40 and recovering from knee surgery, I made the decision to change things up and fully embrace the programming laid out in *Unbreakable Runner*. I'm now not only a stronger, faster and more resilient all-around mountain-athlete, I've set PRs across the board and achieved race-day results I never thought possible.” **Bob Africa**

“*Unbreakable Runner* is a must-read for anyone interested in improving performance, maintaining a balanced and healthy body and achieving longevity in the field of athletics. The plans and principles described in Brian's book have allowed me to reduce my average weekly mileage by over 60% while still routinely breaking 24 hours in some of the most challenging 100-mile races around. More importantly, this foundation has created the opportunity to replace the junk miles with training that has produced a stronger, healthier, more balanced and overall productive person. I finished Western States in 23 hours on 21 miles a week following this plan. The training isn't easy but the plan is crystal clear.” **Steve Crane**

From the Back Cover

**Break free of stale training and repetitive injuries to become an UNBREAKABLE RUNNER!**

Stamina, strength, endurance, resilience: These are the keys to successful running. Yet injury rates from running are at an all-time high, and training is often to blame. In *Unbreakable Runner*, CrossFit Endurance

founder Brian MacKenzie and journalist T.J. Murphy examine long-held beliefs about how to train, tearing down those traditions to reveal new principles for a lifetime of healthy, powerful running.

Challenging sacred cows of conventional training such as mega-mileage running and high-carb diets, MacKenzie and Murphy show how reduced mileage and high-intensity training will make you a stronger, more durable athlete and prepare you for races of any distance.

**IF YOU'RE A DISTANCE RUNNER** who wants to invigorate your training, solve injuries, or break through a performance plateau, you'll gain power and resilience from MacKenzie's effective blend of run training with whole-body strength and conditioning.

**IF YOU'RE A CROSSFITTER** who wants to conquer a marathon, half-marathon, or ultramarathon, you'll find endurance training instruction with 8- to 12-week programs that combine CrossFit™ workouts with run-specific sessions.

*Unbreakable Runner* includes CrossFit-based training programs for race distances from 5K to ultramarathon for beginner, intermediate, and advanced runners. Build a better running body with CrossFit Endurance, and run the race of your life!

“MacKenzie has opened doors to coaches and runners, offering proven solutions to a myriad of problems that persistently vex runners of all ages, abilities, and backgrounds.” —Dean Karnazes

#### About the Author

**Brian MacKenzie** is a strength and conditioning coach and the creator of CrossFit Endurance. MacKenzie has been featured in *Competitor*, *Runner's World*, *Triathlete*, *Men's Journal*, *ESPN Rise*, *The Economist*, *Outside*, and Tim Ferriss' bestseller *The 4-Hour Body*. He has consulted with several teams, including the 2012 Western Athletic Conference Champions San Jose State Women's Swim Team.

**T.J. Murphy** is a writer, veteran endurance athlete, and CrossFitter and the former editorial director of *Triathlete*, *Inside Triathlon*, and *Competitor* magazines. His work has also appeared in *Runner's World* and *Outside* magazines.

#### Users Review

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##### Ellen Wirth:

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**Susan Dixon:**

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