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## THE PERFECT MILE: THREE ATHLETES, ONE GOAL, AND LESS THAN FOUR MINUTES TO ACHIEVE IT




#### Abstract

Mariner Books. Paperback. Book Condition: New. Paperback. 344 pages. There was a time when running the mile in four minutes was believed to be beyond the limits of human foot speed, and in all of sport it was the elusive holy grail. In 1952, after suffering defeat at the Helsinki Olympics, three world-class runners each set out to break this barrier. Roger Bannister was a young English medical student who epitomized the ideal of the amateur still driven not just...


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- Authored by Neal Bascomb
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## Reviews

Extremely helpful to any or all category of individuals. It really is rally fascinating throgh studying time period. I am just quickly could possibly get a pleasure of reading a composed ebook.
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