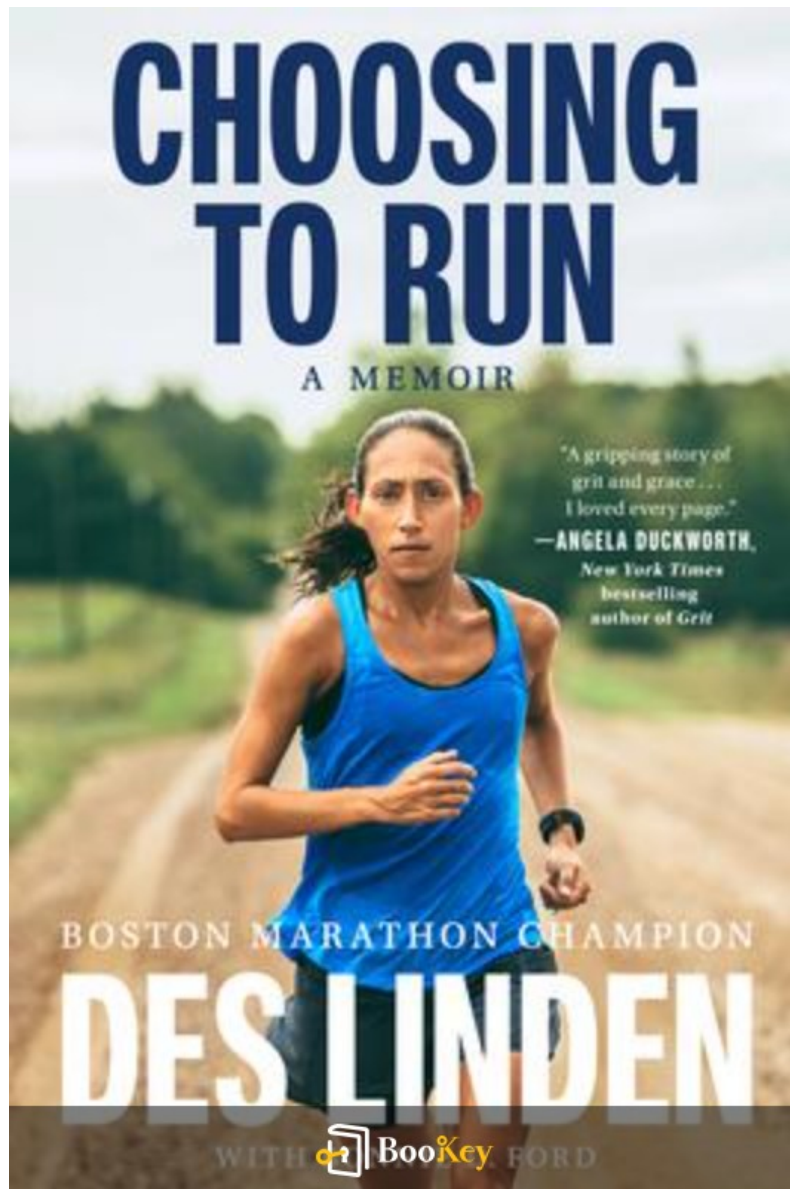


Choosing To Run PDF

Des Linden



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About the book

Title: The Essence of Resilience in "Choosing to Run" by Des Linden

Des Linden's *Choosing to Run* presents an electrifying narrative filled with themes of resilience and determination, encapsulating the journey of a world-class marathoner who overcomes daunting challenges.

Key Themes:

- Resilience: Linden offers an honest reflection on the relentless struggles and obstacles that shape her pursuits.
- Determination: Each chapter reveals her fierce will and the mental fortitude required to compete at the highest levels.
- Human Spirit: Through personal anecdotes, she explores the internal conflicts every athlete endures, showcasing the universal quest for self-discovery and achievement.

Highlights:

- Training and Races: Readers are taken through intense training sessions and thrilling competitions that test both body and mind.
- Pivotal Moments: Linden shares defining experiences that illustrate the choices impacting her career trajectory.
- Beyond Athleticism: The book delves into the philosophy of mindset and choice, emphasizing how attitudes can break through physical barriers.

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Takeaway:

As Linden shares her journey, she exemplifies how passion and perseverance can ignite the pursuit of personal goals, motivating readers to seek their own finish lines in life.

This book is not merely about running; it serves as a motivational testament to the power of an indomitable spirit.

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About the author

Profile: Des Linden – A Trailblazer in Marathon Running

Who is Des Linden?

Des Linden is an acclaimed American long-distance runner, known for her significant contributions to marathon racing.

Key Achievement:

Her most notable triumph came in 2018 when she made history by winning the Boston Marathon, becoming the first American woman to claim this title in 33 years.

Career Highlights:

Linden's journey is characterized by her resilience and dedication to the sport. She has proudly represented the United States at various Olympic Games and World Championships, showcasing her talent on a global stage.

Personal Touch:

Beyond her athletic prowess, Des is celebrated for her genuine and approachable personality. She often resonates with fellow runners and enthusiasts by sharing her experiences and insights into the rigors of professional competition.

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Upcoming Insight:

In "Choosing to Run," readers can expect an in-depth exploration of Des Linden's life—both on the track and off—illuminating the unwavering determination that has been a cornerstone of her successful career.

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Choosing To Run Summary

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Choosing To Run Summary Chapter List

1. The Journey of a Relentless Athlete: Background and Early Life
2. Rising through Challenges: Overcoming Obstacles in the Sport
3. The Power of Mental Toughness: Lessons from Elite Training
4. Victory and the Defining Moments of a Marathon Career
5. Embracing the Future: Insights and Inspirations for Aspiring Runners

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1. The Journey of a Relentless Athlete: Background and Early Life

Des Linden's journey as a professional long-distance runner is a testament to resilience, discipline, and an unwavering commitment to her dreams. Born on April 28, 1983, in Chugiak, Alaska, Linden was raised in a family that encouraged physical activity and sports. From an early age, she was instilled with a sense of competitiveness; her family encouraged her to pursue various sports, which laid the groundwork for her athletic prowess.

Growing up, she was not just an average child; she was active and participated in numerous sports. However, it was running that truly captivated her. It was during her high school years at Broadalbin-Perth High School in New York that her love for running blossomed. Linden consistently excelled on the track, showcasing her talents in both cross country and track and field events. Her natural ability combined with her work ethic set the stage for her future as an elite athlete.

During high school, Des faced various challenges that would test her determination. She was not the fastest or the strongest runner on the team initially, often competing against more talented peers. Yet, she embraced these challenges and viewed each competition as an opportunity to improve. Although she often finished behind her competitors, she never let the setbacks discourage her. Instead, these experiences fueled her desire to work



harder and refine her skills. This early understanding of perseverance would later become a recurring theme in her life and career.

Upon graduating from high school, Des Linden attended Arizona State University, where her collegiate career further honed her abilities. At ASU, she had the chance to train under some of the best coaches and alongside formidable teammates. The competitive environment pushed her to clarify her goal of becoming a professional runner. Despite her success in college, competing at the Division I level proved intense and demanding, testing her physically and mentally. Linden was often faced with the pressure of high expectations and the relentless pursuit of excellence.

Despite the rigors of collegiate athletics, Linden's time at ASU was transformational. She learned to balance academics and athletics, developing crucial time management skills that would serve her well throughout her career. However, as is often the case in sports, she experienced injuries and setbacks during her collegiate years, including a significant stress fracture that sidelined her. Rather than surrender to these setbacks, she channeled her struggles into an opportunity for growth, learning the importance of rehabilitation, rest, and recovery.

Linden graduated with a degree in psychology in 2006, but her journey was just beginning. She embarked on her professional career as a runner, where



she transitioned from amateur to elite. The challenges she faced during her formative years laid the groundwork for her future successes. The mental fortitude she developed as a high school and collegiate athlete equipped her to navigate the unpredictable terrain of professional running. It was during this transition that she solidified her relentless work ethic and commitment to improvement.

Her resolve was repeatedly tested as she entered professional races, encountering fierce competition from seasoned athletes. Yet, each race offered valuable lessons, and her early experiences, both in competition and training, instilled in her a growth mindset that emphasized learning from failures.

Thus, Des Linden's background and early life were critical in shaping her character as a relentless athlete. Her story serves as an inspiration not just for aspiring runners but for anyone striving to turn their dreams into reality despite obstacles. Linden exemplifies how one's early experiences and challenges can be integral to developing the resilience needed to persevere in the face of adversity.

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2. Rising through Challenges: Overcoming Obstacles in the Sport

In her compelling memoir "Choosing to Run," Des Linden not only recounts her incredible journey as a professional marathoner but also illuminates the myriad obstacles she faced along the way. Linden's ascent in the sport is a testament to resilience, determination, and a profound willingness to confront challenges head-on.

From her early days as a runner, Linden faced significant hurdles, including injuries and a lack of immediate success. These setbacks often discouraged many athletes, yet for Linden, each challenge became an opportunity for growth and learning. For example, early in her career, she experienced a severe hamstring injury that sidelined her for months. Rather than allow this injury to define her, Linden dove deep into recovery, painstakingly researching rehabilitation techniques and working with her physical therapist to return stronger. This phase of her journey taught her valuable lessons about the importance of patience and meticulous care for one's body.

Moreover, Linden grappled with the pressures of competition and expectations. As she began to make a name for herself, the weight of those expectations often crept in, threatening to undermine her confidence. This inner turmoil became most evident during the grueling qualifying races for the Olympic team. In 2016, as she competed at the Olympic Trials, she faced



an incredibly challenging course combined with fierce competitors. Although she had trained rigorously, doubts began to cloud her mind. Instead of succumbing to these pressures, Linden used visualization techniques to focus her mind and remain in the moment. She gave herself permission to run her race without being encumbered by the expectations of others, which ultimately led her to secure a spot on the Olympic team. This experience emphasized her belief that overcoming mental barriers is just as crucial as physical conditioning in running.

Even as she reached new heights, Linden continued to confront obstacles. The 2018 Boston Marathon, which she famously won, is a prime illustration of her ability to rise through adversity. The weather conditions that day were treacherous—temperatures hovered around 40 degrees Fahrenheit with pelting rain and strong winds. Many elite athletes abandoned the race well before the halfway mark, deterred by the harsh elements. Linden, however, faced the conditions with grit and a clarity of purpose. She had a plan and executed it relentlessly, pushing through the suffocating cold and debilitating fatigue. Her ability to adapt her race strategy in real-time allowed her to take advantage of the attrition around her, showcasing not only physical prowess but an indomitable spirit.

This repeated theme of overcoming adversity is not unique to Linden; runners everywhere can relate to the many challenges embedded in the sport.

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Many elite athletes, from Mo Farah to Mary Keitany, have spoken about their struggles—be it familial responsibilities, financial strains, or injuries—that nearly derailed their careers. Each story serves as a reminder that the journey to success is rarely a smooth path. In this regard, Linden's memoir serves as an inspiration, showing that resilience is a common thread among successful athletes.

In the face of obstacles, Linden continually demonstrates that building a supportive network is crucial. Throughout her athletic career, she emphasized the significance of surrounding herself with motivated peers and mentors who uplifted her, particularly during darker moments. The friendships forged in training groups provided not just camaraderie but also a source of accountability and encouragement, which proved invaluable during her toughest competitions.

Ultimately, Des Linden's narrative in "Choosing to Run" encapsulates a fundamental truth about athletics: success is often born from overcoming challenges. Through her experiences, she communicates the essence of rising through difficulties—a lesson that resonates far beyond the realm of running. It speaks to the heart of perseverance, the importance of mental resilience, and the value of support systems in achieving one's goals. In doing so, Linden not only outlines her path to triumph but also inspires countless others to view their own challenges as stepping stones rather than

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roadblocks.

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3. The Power of Mental Toughness: Lessons from Elite Training

In the world of elite athletics, particularly endurance sports like long-distance running, mental toughness is often regarded as one of the most critical components of success. For Des Linden, mental toughness was not just a trait, but a cultivated skill that became essential throughout her journey as an elite runner. Training to compete at the highest levels requires not only physical strength and endurance but also a resilient mindset capable of withstanding the grueling demands of the sport. Linden's story is steeped in experiences that showcase how mental toughness can be developed and harnessed to overcome both physical and psychological challenges.

One of the fundamental lessons of mental toughness is the importance of embracing pain and discomfort. In her training regimen, Linden learned to view pain not as an adversary but as a teacher. This shift in perspective empowered her to push her limits during tough workouts. For instance, when training for the Boston Marathon, she would often engage in long runs under harsh weather conditions. On one such occasion, she faced rain, wind, and cold temperatures that would deter many from logging their miles. Instead of seeing these conditions as obstacles, she framed them as opportunities—each challenging run was a chance to toughen her resolve and build resilience.

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Another key aspect of mental toughness highlighted by Linden is the practice of setting and reassessing goals. Elite athletes must frequently adapt their objectives based on performance and external conditions. Linden exemplified this through her preparation for the Olympic Trials, where she aimed for a personal best despite previous disappointments at major events. By focusing on incremental goals, she didn't overwhelm herself with the pressure of perfection. Each successful training session became a building block, reinforcing her confidence and commitment.

Furthermore, Linden emphasizes the significance of visualization techniques in enhancing mental toughness. Elite training often includes mental rehearsal—picturing oneself succeeding in a race can set the tone for actual performance. Prior to races, she would mentally traverse the course, anticipating possible struggles and visualizing her responses. This proactive preparation equipped her with coping strategies to handle adverse situations in real-time. During the 2018 Boston Marathon, she faced a multitude of challenges, including dehydration and a fierce headwind. However, her mental preparation allowed her to remain focused and adaptable throughout the race, ultimately leading to her historic victory.

In the face of adversity, maintaining a strong support system also plays a critical role in fostering mental toughness. Linden credits her coach, teammates, and even rivals for contributing to her mental fortitude. In an

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elite environment, where competition can breed loneliness and pressure, having a robust support network helps to remind athletes of their shared struggles and victory. This camaraderie has been important for Linden, particularly during moments of self-doubt; by leaning on her peers, she found strength and reassurance.

Resilience is another cornerstone of mental toughness that is often honed through experience. Linden's career has not been without its share of setbacks, from injuries to disappointing race performances. Learning to bounce back from these low points is critical. After a challenging finish at a major race, she recognized the natural emotions that accompanied failure but also understood the need to channel those feelings into a productive comeback. She would spend time reflecting on what went wrong, learning from her experiences, and returning to her training with a more informed mindset.

Finally, Linden underscores the power of self-belief. Elite athletes must cultivate a deep-seated belief in their capabilities, even when faced with challenges that may undermine that confidence. Throughout her career, when doubt crept in, whether it was due to external critics or internal fears, she confronted those thoughts with affirmations. This self-belief became a self-fulfilling prophecy, often leading her to achieve beyond what she initially thought possible.

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In summary, Des Linden's journey underscores that mental toughness is an integral part of an athlete's training and success. It involves embracing pain, setting realistic goals, employing visualization, nurturing supportive relationships, developing resilience, and fostering self-belief. Through her experiences, Linden has not only proven her own capabilities but also provided a roadmap for aspiring runners to build their own mental fortitude. This layered approach to mental toughness can be the difference between merely competing and achieving greatness in the field of elite athletics.

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4. Victory and the Defining Moments of a Marathon Career

In the world of marathon running, victory can often be a fleeting moment, defined not just by the finish line but by the multitude of experiences that shape an athlete's career. Des Linden's marathon journey encapsulates this notion perfectly, highlighting several key moments that not only signify victory in races but also represent personal triumphs and milestones that contribute to her identity as an elite athlete.

One of the defining moments in Linden's career came during the 2018 Boston Marathon, a race that she ultimately won but not without its fair share of challenges. The conditions on that day were notoriously harsh, with freezing temperatures and heavy rain creating an environment that tested the limits of even the most seasoned marathoners. Des's decision to push through the adversity became a pivotal moment in her career; it showcased her mental fortitude and determination to succeed despite the unfavorable circumstances. This victory was not just about crossing the finish line first; it was a testament to her relentless work ethic and the years of preparation that led her to that moment. The race became a case study of perseverance, illustrating how true victory can be found in enduring the trials and emerging stronger.

Moreover, this particular victory was significant as it shone a spotlight on



Linden's strategic mindset. Throughout the race, she made calculated decisions, such as allowing herself to fall back initially, saving her energy for later in the race when the weather became even more dreadful. Observing the pace of her competitors and adjusting her strategy accordingly revealed not only her racing acumen but also the importance of adaptability in sports—a critical lesson for any aspiring runner.

Another notable instance that solidified her reputation occurred during the 2016 Olympic Trials. Linden pushed through immense physical duress, finishing the race with a bravery that turned heads nationwide. Despite finishing just shy of the qualification mark, her performance inspired many within the running community. The way she conducted herself—overcoming physical pain and adversity with grace—showed that victory isn't always reflected in standings or medals, but can also be found in resilience and sportsmanship. The impact of this race extended beyond merely a personal record; it was a lesson on the essence of sports—heart and spirit often outshine tangible accolades.

Throughout her career, Des has witnessed many transformations, not only on the track but within herself. Each marathon has served as a blank canvas, providing her with an opportunity to grow and redefine her running persona. For Linden, defining moments often arose from the depths of failure. When reflecting on the ups and downs, she recounts her experiences with injury



and disappointment, emphasizing how each setback became an opportunity for reflection and growth. A significant low point for her was during the 2017 NYC Marathon when expectations were high, but an injury disrupted her plans to finish strong. Instead of surrendering to despair, she utilized it as fuel to strengthen her resolve for future races.

These defining moments forge a sense of identity, resilience, and fortitude that becomes foundational for every runner. Linden's relentless pursuit of greatness reveals that victory within the realm of long-distance running is multi-faceted; it consists of shared experiences with teammates, the thrill of overcoming obstacles, and the personal evolution of an athlete.

Moreover, Linden's journey has brought to light the importance of community and support networks which play pivotal roles in navigating a marathon career. Her victories are often attributed not only to her personal grit but also to the encouragement from coaches, fellow runners, and fans. This collective experience serves as a reminder that individual victories in sports are invariably tied to the moments shared with others, knitting a tapestry of triumphs and struggles that elevate each runner's experience.

In conclusion, the victories in Des Linden's marathon career are not merely about getting through the race; they embody a broader narrative of growth, perseverance, and mental toughness. Each defining moment enriches her



story, serving as lessons not just for her but for aspiring athletes everywhere. True victory, as illustrated by Linden, lies in embracing challenges, making tactical decisions under pressure, and understanding that every race is an opportunity for greater personal achievement.

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5. Embracing the Future: Insights and Inspirations for Aspiring Runners

As Des Linden reflects on her illustrious career as a marathon runner, she unveils a treasure trove of insights aimed at aspiring athletes who wish to carve their own paths in the world of running. Linden emphasizes the importance of building a solid foundation, not just in physical training but also in mental resilience. For those starting their journey, she encourages embracing the process and enjoying the small joys that come along the way. Running is often portrayed as an individual sport, yet Linden's reflections reveal the strength and value derived from community. She recounts how running clubs and supportive networks played a crucial role in her development, offering camaraderie that is not only uplifting but essential for growth.

Linden encourages new runners to set realistic yet ambitious goals. She explains that while it is vital to push oneself, success is not solely defined by times or rankings. Instead, personal growth, improvement, and the ability to overcome barriers should be seen as victories in their own right. A case in point is her experience at the 2018 Boston Marathon, where, despite inclement weather and personal challenges during the race, she focused on her inner strength and perseverance, recognizing that satisfaction comes from the journey, not just the finish line.

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Equally, Linden speaks to the value of patience and consistency in training. Many aspiring athletes tend to rush their progress, leading to burnout or injury. Instead, she promotes a balanced approach that incorporates rest and recovery, allowing the body to adapt and grow stronger over time. This method echoes in the experiences of many athletes who have made remarkable comebacks after injuries due to their adherence to a gradual training regimen paired with adequate recovery.

Furthermore, Linden's insights extend into the realm of mental strategies, where she addresses the significance of visualization and positive self-talk. She advocates for the power of envisioning one's success and using motivational mantras to bolster confidence during training and races. For instance, Linden herself often used visualization techniques before significant events, picturing the race in her mind to prepare for the numerous challenges that lay ahead.

On the psychological front, Linden posits that dealing with setbacks and failures is a critical part of an athlete's journey. She candidly shares moments of disappointment and how they have fueled her hunger for further improvement. The lessons learned from these experiences — be it a poor race finish or an injury — can be invaluable for aspiring runners. They highlight the importance of resilience and the ability to adjust one's mindset in the face of adversity.

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Additionally, she stresses the importance of authenticity. Aspiring runners should find their own style and embrace their unique journey rather than chasing trends or the successes of others. Referring back to her own preference for longer distances, Linden encourages runners to discover what they love within the sport — be it sprinting, trail running, or ultra-marathons — and pursue it wholeheartedly.

Linden wraps up her insights on future aspirations with a powerful reminder of the impact runners can have on society. As role models, seasoned runners have the responsibility to inspire the next generation, sharing their journeys and the lessons learned along the way. This comes with the understanding that while every runner's journey is unique, the spirit of perseverance, passion, and community ties us all together.

In essence, for those looking to start their own running journey, Des Linden's insights provide a comprehensive roadmap filled with wisdom, encouragement, and practical strategies that highlight not just the physical aspects of running, but the emotional and psychological dimensions that play a vital role in truly embracing the future of an athlete.

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