Books about the running life

As a runner, I love listening to audiobooks about running and runners (and one about walking). Here are some audiobooks with great stories told by runners. Entertaining and inspiring - and sometimes just a lot of fun.

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My year of running dangerously by Tom Foreman

https://www.hoopladigital.com/title/11467312

A journey through the triumphs and defeats of running and how the aging process affects us mentally and physically.

Born to walk by Dan Rubinstein

https://www.hoopladigital.com/title/11876443

Okay, this one is about walking, but I really enjoyed it. Dan Rubinstein takes us from dangerous urban streets to lengthy treks across the wilds.

What I talk about when I talk about running by Haruki Murakami

https://www.hoopladigital.com/title/10026658

A thoughtful meditation on the running life; both the struggles and the joys.

Born to run by Christopher McDougall

https://www.hoopladigital.com/title/11511153

A look at the history of the human body and how it was designed for running. This book will make you want to run.

The pants of perspective by Anna McNuff

https://www.hoopladigital.com/title/12381333

One of my favourite things to listen to while training for a race are books about running and overcoming challenges. There is something about hearing the stories of someone who has taken on a challenge that makes the miles go a little easier and bonus points if it makes you laugh out loud. The Pants...

Running outside the comfort zone by Susan Lacke

https://www.hoopladigital.com/title/12332452

All runners will experience a time when running seems to lose some of its allure. Susan Lacke found herself in this position and decided to run all the interesting races, and fortunately she wrote about it, so we can experience the joy too. Journey around the world with Susan as she runs some seri...

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