

Alberto Salazar

Quotes

Running, Athlete, Race, Thinking, Training, Years, Winning, Issues, Stress, Track, Might, Heart, Cocky, Order, Four, Past, Way, Distance, Needs, People

We may train or peak for a certain race, but running is a lifetime sport.

~Alberto Salazar

If you want to achieve a high goal, you're going to have to take some chances.

~Alberto Salazar

I had as many doubts as anyone else. Standing on the starting line, we're all cowards.

~Alberto Salazar

Early in my career I was accused of being overconfident and even cocky, but I really was confident that I had done the training and didn't see any other reason to say otherwise.

~Alberto Salazar

I'd rather run a gutsy race, pushing all the way and lose, than run a conservative race only for a win.

~Alberto Salazar

An athlete who tells you the training is always easy and always fun simply hasn't been there. Goals can be elusive which makes the difficult journey all the more rewarding.

~Alberto Salazar

I've found that my athletes run their best races after about 10 weeks of intense training.

~Alberto Salazar

There are a lot of guys out there now who know they are not working as hard as other people. I can't fathom how they think.

~Alberto Salazar

I've never enjoyed my running more. I also do 200 sit-ups a day, 60

push-ups, and a lot of stretching. I've had some back issues. I think the stretching helps with that.

~Alberto Salazar

I didn't give myself enough breaks during the training year to recover. I didn't understand the power of periodization.

~Alberto Salazar

You have to change things in order to get to where you want to go. And things might get worse. But if you're not getting where you want to be, already, in a sense, it's as bad as it can get.

~Alberto Salazar

The marathon is like a bullfight.

~Alberto Salazar

You learn to run like a sprinter, you'll be a great distance runner

~Alberto Salazar

With my runners now, they get two month-long breaks during the year.

~Alberto Salazar

Trust me, my runners aren't going to run one event while looking past it to the second event. When they get on the line for the 10K, that's a do-or-die situation for them.

~Alberto Salazar

I run four miles most days, at about 8:00 to 8:15 pace. It's totally relaxed.

~Alberto Salazar

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