

Emil Zatopek

Quotes

Running, Sports, Athlete, Inspirational, Race, Goal, Tired, Motivational, Rain, Trying, Pain, Inspire, Different, Men, Workout, Judging, Mean, Crazy, Stills, Dream

If you want to run, run a mile. If you want to experience a different life, run a marathon.

~Emil Zatopek

An athlete cannot run with money in his pockets. He must run with hope in his heart and dreams in his head.

~Emil Zatopek

A runner must run with dreams in his heart.

~Emil Zatopek

There is a great advantage in training under unfavorable conditions. It is better to train under bad conditions, for the difference is then a tremendous relief in a race.

~Emil Zatopek

It's at the borders of pain and suffering that the men are separated from the boys.

~Emil Zatopek

I was not talented enough to run and smile at the same time

~Emil Zatopek

Great is the victory, but the friendship of all is greater.

~Emil Zatopek

Why should I practice running slow? I already know how to run slow. I want to learn to run fast.

~Emil Zatopek

Men, today we die a little.

~Emil Zatopek

Try for a goal that's reasonable, then gradually raise it.

~Emil Zatopek

What has passed is already finished with. What I find more interesting is what is still to come.

~Emil Zatopek

If you come to think of it, you never see deer, dogs and rabbits worrying about their menus and yet they run much faster than humans.

~Emil Zatopek

If I can get better, why not?

~Emil Zatopek

I was unable to walk for a whole week after that, so much did the race take out of me. But it was the most pleasant exhaustion I have ever known.

~Emil Zatopek

It is not necessary to smile and make a wonderful impression on the judges.

~Emil Zatopek

Sri Chinmoy brings Heaven to me. He inspires everyone to be happy. He deserves the biggest gold medal.

~Emil Zatopek

The athlete of today is not an athlete alone. He's the center of a team - doctors, scientists, coaches, agents and so on.

~Emil Zatopek

Everyone said, 'Emil, you are a fool!' But when I first won the European Championship, they said: 'Emil, you are a genius!'

~Emil Zatopek

Is it raining? That doesn't matter. Am I tired? That doesn't matter, either. Then willpower will be no problem.

~Emil Zatopek

My running was very simple; it was out of myself.

~Emil Zatopek

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