

FROM: "THE 4-HOUR
BODY" by TIMOTHY FERRIS

HACKING THE NFL COMBINE II

Running Faster

KING GEORGE DINER, 721 HAMBURG TURNPIKE

It was 8:00 A.M. EST (5:00 A.M. PST on my physical clock), and Joe and I were waking up to a classic New Jersey diner breakfast: omelets and never-ending cups of strong, bitter coffee. I pulled out a pad and started the questions.

"Who's the best strength coach no one knows?" I asked.

Answer: Buddy Morris from the University of Pittsburgh.

"Favorite coach for functional strength?"

Answer: Louis Simmons of Westside Barbell.⁴

"Favorite stretching expert?"

Answer: Anne Frederick, whose clinic, Stretch to Win, I had visited in Tempe, Arizona, just six months earlier. I'd left a session with her husband with more hip mobility than I'd experienced in a decade.

"Favorite sprint or speed coach?"

Answer: Charlie Francis.

Ah, Charlie. Charlie Francis is also my favor-

Every morning in Africa, a gazelle wakes up. It knows it must move faster than the lion or it won't survive. Every morning, a lion wakes up, and it knows it must move faster than the slowest gazelle or it will starve. It doesn't matter if you're the lion or the gazelle. When the sun comes up, you'd better be moving.

—Maurice Greene,
5-time world champion
100-meter sprinter

4. A common answer among those interviewed for this book.