MOVIES EVERY RUNNER SHOULDN'T MISS

Runners Essential Guide for Off-Season Motivation

kickonfitness.com

1. **Chriots of Fire (1981)**
   The classic. Olympic grit, iconic score, and captures the pure joy of running.

2. **Spirit of the Marathon (2007)**
   Follows real runners as they train for the Chicago Marathon - emontional, relatable & very motivating. I cry everytime!

3. **The Barkley Marathons: The Race That Eats Its Young (2014)**
   Wild and weird. A cult-favorite documentary about the world's most impossible ultramarathon.

4. **Breaking 2 (2020)**
   FA documentary about Nike's sub2 hour marathon project - science, teamwork and lofty goals.

5. **McFarland, USA (2015)**
   The film is based on the true story of McFarland High School's first cross-country team. Unforgettable characters will have you cheering from the couch!

6. **The Engine Inside (2023)**
   Not strictly running - but movement, endurance and an interesting look at human potential.

7. **Boston: The Documentary(2017)**
   The history and heart of the word's oldest marathon. A must-watch for every runner.

8. **Skid Row Marathon (2017)**
   A judge starts a running club for people experiencing homelessness. Deeply human and uplifting

9. **Free to Run (2016)**
   A look at how running became a global movement over 5 decades, especially for women.

10. **Run for Your Life (2008)**
    The story of Fred Lebow and the creation of the New York City Marathon.

Your winter training plan sometimes needs rest days and good movies!