Run Like a Kenyan: How to Be An Elite Athlete the Kenyan Way

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By observation and statistics, research shows that one dominating elite group in running is the Kenyan distance runners, specifically the Kalenjin ethnic group. Many aspects of the Kenyan life were found to contribute to their efficiency and success. Analyzing Kenyan aspects of environment, altitude, society, diet, transportation, motives, and training may reveal possible ways American runners can improve their running.

Environment and Altitude

A mixture of soft soil, which limits injuries, and an equatorial location with low humidity, which causes an adaptation for more heat loss, allow Kenyan runners to train harder and longer without getting hurt, dehydrated, or fatigued.

Diet

A diet rich in complex carbohydrates, starch, vegetables, milk, tea, and minimal protein, along with fruit as snacks, provides the Kenyans with all their nutrient and energy needs and does not weigh them down.

Motives

Kenyans have economic motivation to support their families. Talent and peer pressure from their culture are also contributing factors.

Society

Cultural, historical, and genetic factors contribute to Kenyan success.

- Physical resilience and responsibility are taught through chores, and boys must go through intense physical tests for their cultural rites of passage.
- Kalenjin cattle rustlings (hustling another tribe’s cattle back to their own tribe) allowed only the fastest runners to pass on their traits because the slower runners were spared by the foreign tribe.
- Genetic factors, like higher aerobic efficiency, higher levels of testosterone and human growth hormones, and more slow twitch fibers (muscles used for aerobic and distance training) may assist in the success of the Kenyans.

Transportation

Kenyans walk or run everywhere so their bodies are used to everyday fitness and work.

Training

Kenyans train at high mileages and high intensities causing physiological change in cardiovascular, pulmonary, and metabolic systems similar to those at high altitude. VO2 max (maximum oxygen taken in by the body in mL/Kg body weight per minute) increases so they can run faster over longer distances.

Conclusion

A combination of all these factors give Kenyans, especially the Kalenjin ethnic group, an edge over other runners. By training in a similar environment and altitude, eating a similar diet, using less transportation, and training at higher mileages and intensities, a runner can be on the elite path, and American runners may be more able to compete the Kenyans.

Ways Americans runners can be more like Kenyans:
- Stay off roads and concrete
- Walk instead of ride
- Eat natural, not processed, foods
- Have a strong reason for running
- Do majority of training at lactate threshold

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