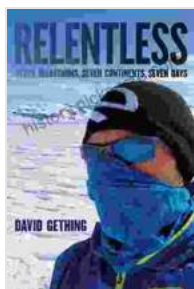


# Relentless Seven: Marathons on Seven Continents in Seven Days

The Relentless Seven challenge begins with a marathon in Antarctica, followed by marathons in South America, Africa, Asia, Europe, North America, and Australia. Each marathon is typically held on a different day, with very little rest time in between.

The total distance covered during the challenge is over 180 miles, and the runners often have to contend with extreme weather conditions, altitude, and jet lag. The time limit for completing the challenge is seven days, which means that the runners must average over 26 miles per day.

The runners who attempt the Relentless Seven are typically experienced ultramarathoners who are looking for the ultimate challenge. They must be able to endure extreme physical and mental stress, and they must be able to recover quickly from each marathon.



## Relentless: Seven Marathons, Seven Continents, Seven Days by J.T. Burns

★★★★☆ 4.1 out of 5

Language : English  
File size : 12905 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 231 pages  
Screen Reader : Supported

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Some of the most well-known runners who have completed the Relentless Seven include:

- **Ryan Sandes:** South African ultramarathon runner who set a new world record for completing the challenge in 2018.
- **Lizzy Hawker:** British ultramarathon runner who became the first woman to complete the challenge in 2019.
- **Mike Wardian:** American ultramarathon runner who has completed the challenge three times.

The runners who attempt the Relentless Seven must undergo extensive training and preparation in order to be successful. They typically run several marathons in the months leading up to the challenge, and they also focus on strength training and cross-training.

In addition to physical training, the runners must also prepare for the mental and emotional challenges of the event. They must be able to stay focused and motivated even when they are exhausted and in pain.

The Relentless Seven is a grueling race that tests the limits of human endurance. The runners often have to battle through fatigue, injuries, and extreme weather conditions.

The race is divided into seven stages, each of which corresponds to a different continent. The runners typically fly from one continent to the next immediately after completing each marathon.

The first stage of the race is the Antarctica Marathon, which is held on the frozen continent of Antarctica. The runners must contend with cold

temperatures, strong winds, and slippery ice.

The second stage of the race is the South America Marathon, which is held in the Atacama Desert in Chile. The runners must battle through heat, altitude, and dehydration.

The third stage of the race is the Africa Marathon, which is held in the Sahara Desert in Morocco. The runners must contend with sand dunes, heat, and wind.

The fourth stage of the race is the Asia Marathon, which is held in the Great Wall of China in China. The runners must climb thousands of steps and contend with altitude and humidity.

The fifth stage of the race is the Europe Marathon, which is held in the Swiss Alps in Switzerland. The runners must climb steep mountains and contend with altitude and cold temperatures.

The sixth stage of the race is the North America Marathon, which is held in the Grand Canyon in the United States. The runners must descend and ascend thousands of feet of elevation and contend with heat and dehydration.

The seventh and final stage of the race is the Australia Marathon, which is held in the Outback in Australia. The runners must contend with heat, sand, and flies.

The runners who complete the Relentless Seven are celebrated as heroes. They have accomplished something that few people have ever done, and

they have proven themselves to be among the most resilient and determined athletes in the world.

The finish line for the Relentless Seven is typically located in Sydney, Australia. The runners who cross the finish line are greeted with cheers and applause from the crowd. They have completed one of the most challenging endurance events in the world, and they have earned the right to be called "Relentless Seven" finishers.

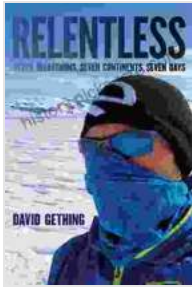
- Relentless Seven Marathons
- Seven Continents
- Seven Days
- Ultramarathon
- Endurance
- Running
- Adventure
- Travel
- Ryan Sandes
- Lizzy Hawker
- Mike Wardian

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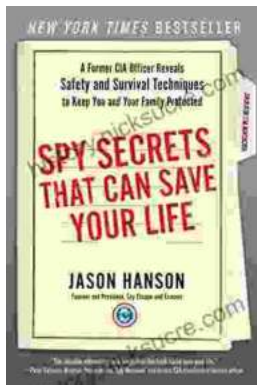
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