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THE SPORTS
PUBLISHER

SPRING 2026



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WHO IS MEYER & MEYER SPORT?

Meyer & Meyer Sport is Europe's leading specialist sport publishing house. Founded in 1984 in Aachen, Germany, it is widely accepted as one of the best sports publishers in the world. Meyer & Meyer Sport is renowned for the quality of its products and authors—many are leading figures and experts within their respective fields.

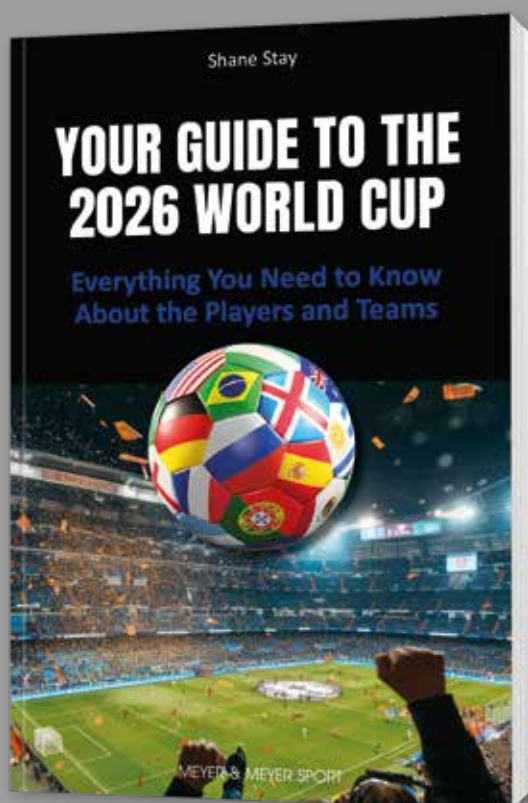
Meyer & Meyer Sport publishes books on a broad range of subjects in sport, fitness, strength training, and health. Its focus is on providing quality content for its readers. With this in mind, Meyer & Meyer Sport produces books on **core training**, i.e., foundational information for the beginner or average enthusiast; **elite training** for the more advanced athlete; **core coaching**, i.e., foundational information for the new coach or parent coach; and **elite coaching** for the more advanced coach of elite-performance athletes and teams. Additionally, its list includes **narratives** and **biographies**, all with sport as their central theme.

With a list of more than 2,000 titles in both English and German, the company provides a range of products from handbooks, practical how-to guides, and self-improvement manuals to biographies, the inspirational and the fun. Meyer & Meyer Sport is also home to numerous prestigious academic books, journals, and theses in the field of Sports Science.

YOUR GUIDE TO THE 2026 WORLD CUP

MAY 2026

EVERYTHING YOU NEED TO KNOW ABOUT THE PLAYERS AND TEAMS



Your Guide to the 2026 World Cup takes the reader through the globally renowned FIFA World Cup, providing in-depth details on all 48 teams, star players, coaches, team strategies, expert game analysis, and more! This is the perfect book for the enthusiast as well as anyone new to watching the sport.

The 2026 World Cup is the first to be hosted by three nations: the United States, Canada, and Mexico. Author Shane Stay delves into the World Cup's historic background, explaining not only why these games are so exciting, but also what the viewer should watch for as the matches unfold. He takes the reader through the stadiums and explains team strategies, formations, styles of play. He provides background on all the star players and teams, and even makes a few predictions for the games' outcomes.

Enhance the experience of watching the world's most popular tournament with the extra details and fun anecdotes provided in *Your Guide to the 2026 World Cup*.

SHANE STAY is a bestselling author whose books include *100 American Soccer Legends*, *This Is Our CITY*, *THE World Cup 2022 Book*, *Why American Soccer Isn't There Yet*, and *The Cairo Project*. He played professional soccer, coauthored a print book, published a magazine story, bottled Leaf Dressing, worked clubs as a comedian, was a restaurateur, and received a Master of Arts from Southern Illinois University. In 1999, he founded the first online Current Events Game (CE Game). He has appeared on TV and has featured on numerous radio broadcasts including ESPN and NPR. He lives in Chicago, Illinois.

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RUNNING UNTIL YOU'RE 100

YOUR GUIDE TO LIFELONG RUNNING

APRIL 2026

This is a new edition of *Running Until You're 100* by running coach, Jeff Galloway! It is the must-have guide that will keep runners fit as they age and help them run for life. This book offers step-by-step programs for runners in their 40s, 50s, 60s, and 70s. The programs all use Jeff Galloway's proven Run Walk Run® method, which has a more than 98% success rate, and are designed to help the mature runner make the adjustments needed for each decade so that they can enjoy exercise and enhance quality of life without injury.

In addition to his training plans, Jeff includes advice on nutrition and fat burning as well as how to determine current fitness level, set appropriate goals, and stay injury free. Combining healthy eating with these run-walk, low-mileage programs benefits the bones, joints, and heart, and most runners can enjoy running with fewer aches and pains.

With this book, anyone can run until they're 100!



JEFF GALLOWAY was an average teenage runner who kept learning and working harder until he became an Olympian. He is the author of the bestselling running book in North America (*Galloway's Book on Running*) and was a *Runner's World* columnist for more than 20 years, as well as an international speaker for more than 200 running and fitness sessions each year. His Run Walk Run® program has inspired millions to run and improve their running. His program's 98% success rate is based on Jeff's success with more than 500,000 runners. Visit Jeff's website: www.jeffgalloway.com.

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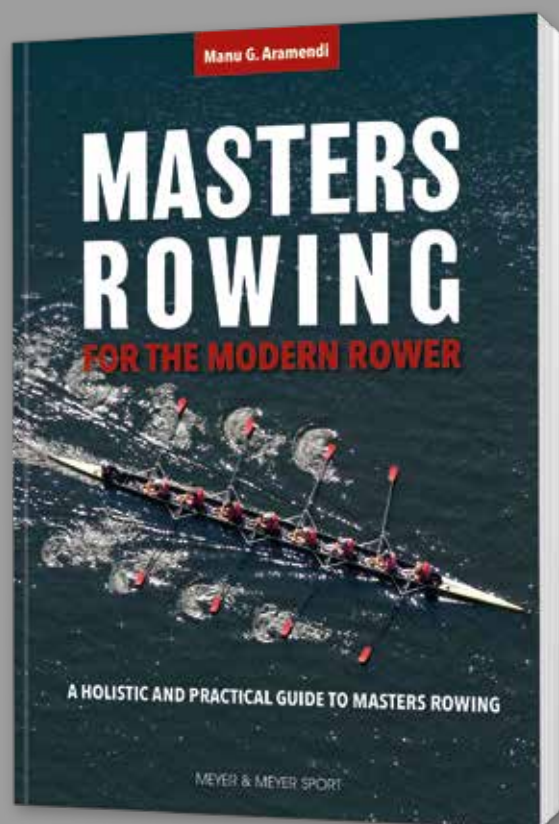
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MASTERS ROWING FOR THE MODERN ROWER

A HOLISTIC AND PRACTICAL GUIDE TO MASTERS ROWING

APRIL 2026



Masters rowers must be sure that their rowing techniques are practiced methodically and carefully to prevent injuries. This book not only outlines training for masters rowers, but it assists the rower in better understanding how the body responds to the exertion from rowing as well as how to mitigate the changes in performance as they age. It is perfect for the competitive and recreational masters rower.

Included is a complete overview of masters rowing, its history and its current training methods, as well as an overview of the most common rowing injuries and how they can be prevented, especially as the rower ages. The book also provides details on how aging and rowing go hand in hand. Competing as a masters rower requires different training skills and knowledge of the various international competitions, all covered in the book. Finally, the content is rounded out with a holistic examination of rowing's role in society.

MANU G. ARAMENDI (MD) is a specialist in sports medicine and associate professor of Physiology at the Faculty of Medicine of the University of the Basque Country. He has provided medical expertise to a range of sports teams. He has been widely published. He led the organization of the Estropada Akademikoa – Regata Académica, an Olympic rowing regatta between universities. He is a member of the Ur Kirolak rowing club in Donostia-San Sebastián and has participated in several international championships and regattas. He lives with his family in Zumaia, Spain.

312 p., in color, 96 photos & illus.



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THE ULTIMATE GUIDE TO GOALKEEPER TRAINING

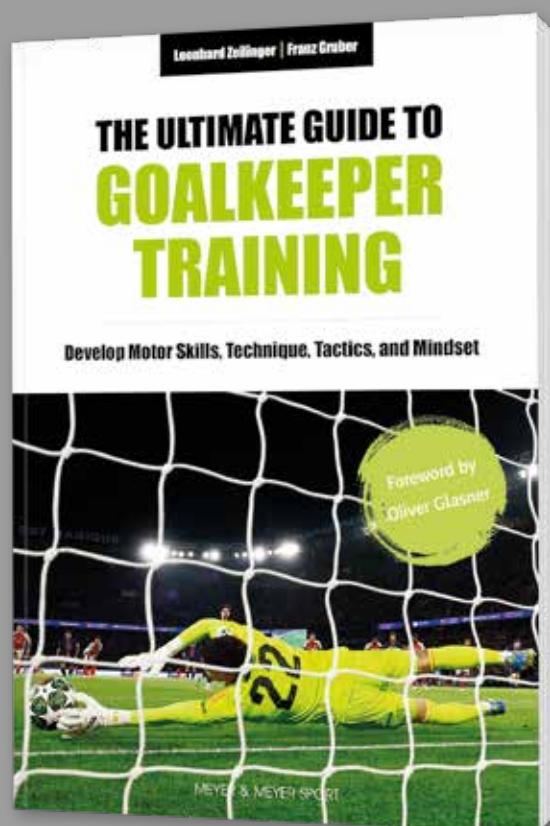
DEVELOP MOTOR SKILLS, TECHNIQUE, TACTICS, AND MINDSET

MARCH 2026

As the final defender, modern goalkeepers must do more than simply stop goals. They must be able to read the game, make plays, and communicate with their teammates. *The Ultimate Guide to Goalkeeper Training* is a holistic training guide for goalkeepers at every level. Drawing on their decades of coaching experience, the authors break down the essential components of goalkeeping into four key areas: motor skills, technique, tactics, and mental preparation.

From detailed explanations of diving and positioning to strategies for initiating attacks and managing pressure situations, this book is a comprehensive roadmap to goalkeeper development. Structured drills, developmental insights, and performance benchmarks help coaches and players design meaningful training plans. A QR code in each section links to videos that demonstrate proper technique, bridging the gap between theory and practice.

This book is an invaluable resource for goalkeeper training.



LEONHARD ZEILINGER is a sports scientist and goalkeeper specialist. He collaborates with clubs and associations across Austria to develop goalkeeper education programs. Additionally, his valuable experience as a team coach plays a pivotal role in uniting goalkeepers with the broader team strategy. He lives in Austria.

FRANZ GRUBER has been the goalkeeping coach at FK Austria Wien since 1999. Having started in youth development, he has advanced to the professional squad and now serves as head of goalkeeping. Gruber has worked under renowned coaches and contributed to the development of top Austrian goalkeepers. He lives in Austria.

248 p., b/w, 150 photos & illus.

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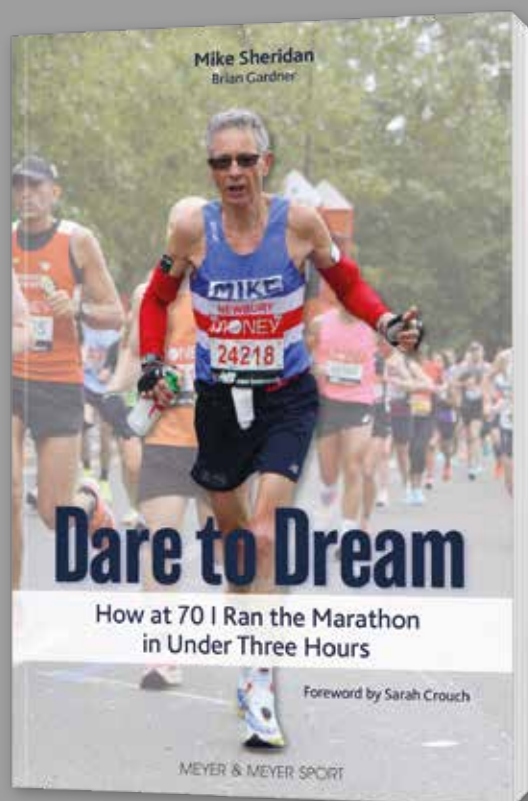


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DARE TO DREAM

APRIL 2026

HOW AT 70 I RAN THE MARATHON IN UNDER THREE HOURS



Dare to Dream is the inspiring memoir of Mike Sheridan, a UK and world record-breaker in long-distance running with a unique approach to the marathon. For Mike, age is just a number, and anything is possible for the older athlete.

This is the complete story of Mike's illustrious career. He candidly shares his own experiences with the reader—all of his ups and downs, from a childhood spent in the endurance running hotbed of Kenya and an off-putting experience with cross-country running in England to becoming one of the most decorated masters of marathon running. He was the first UK man over 70 to run a marathon in under three hours, and he also shares here his training methods for older runners.

Mike's story of perseverance and success is one that is sure to inspire runners of all ages.

BRIAN GARDNER is a graduate in English Literature and a former athlete. He qualified with distinction in proofreading and copy editing from the College of Media and Publishing in 2022. He has also published *No Cross-Country for Old Men* and *Enigma on Track*. He resides in Wiltshire.

A bold and audaciously ambitious runner, **MIKE SHERIDAN** embraced the grind tirelessly, year in and year out, as he straddled the fine red line of intense training that it takes to become one of the world's best marathoners. Through every injury and setback, Mike got the work done, never complaining, always with his characteristic forward vision and his unshakable conviction that the impossible was only impossible until it had been conquered. This dogged belief in his own ability is what forged Mike Sheridan into a first-class athlete and, ultimately, a world record holder. He resides in Hampshire.

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18 photos & illus.

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EXTREME ADVENTURES

TACKLING THE WORLD'S TOUGHEST RACES WITH GRIT AND HUMOR

JUNE 2026

Extreme Adventures is a heartwarming journey through curiosity, self-doubt, reinvention, and improbable triumph, where every finish line is the next starting point.

With a high-flying career in finance, on the outside, Beatrice Lessi seemed to be conquering the world. But inside, she was battling eating disorders and struggling to find meaning in life. Then on a whim she signs up for the Marathon des Sables, the grueling multi-day ultra race across the Sahara Desert. No training plan. No race preparation. Zero athletic experience. Instead Beatrice competes in the toughest footrace on earth fueled by wild curiosity and a hint of madness.

What follows is an outrageous, exhilarating, and soulful transformation that takes her to Everest Base Camp, the glaciers of Antarctica, and into the heart of ultra-endurance culture. Her story inspires anyone who's been told they're too old, too unfit, or just not "sporty" enough to achieve any goal in life. With laugh-out-loud anecdotes, honest confessions, and bold inspiration, Beatrice Lessi shows it's never too late for adventure.



BEATRICE LESSI is a blogger and journalist. At age 40, with no previous experience in sports, she started running and went on to compete in numerous extreme races. She now writes to inspire others to take up running and embrace personal growth. Beatrice lives in Zurich with her husband. She has three daughters. She is driven by an endless energy and hopes to capture in writing what she experiences in life: good moods, curiosity, and beauty.



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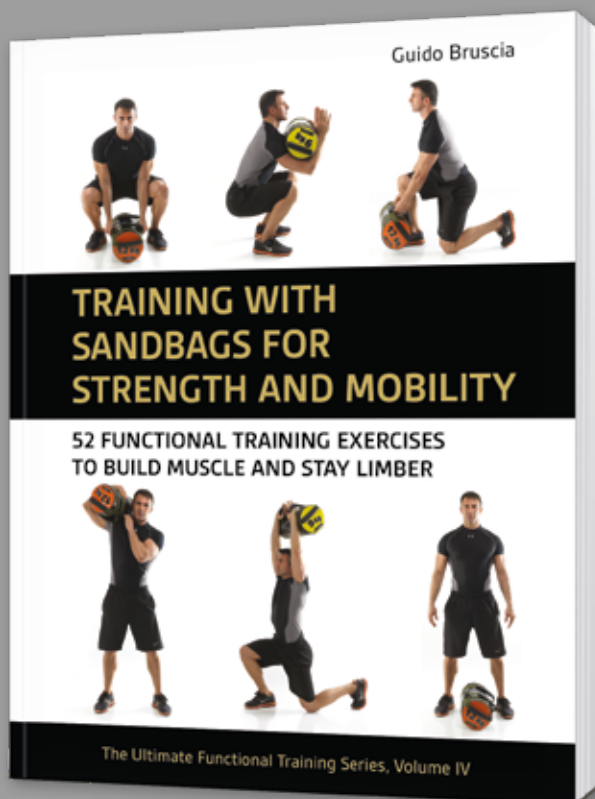
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TRAINING WITH SANDBAGS FOR STRENGTH AND MOBILITY

MARCH 2026

52 FUNCTIONAL TRAINING EXERCISES TO BUILD MUSCLE AND STAY LIMBER



Volume IV in the Ultimate Functional Training Series, *Training With Sandbags for Strength and Mobility* includes 52 functional medicine ball exercises that improve strength, build muscle, and reduce the risk of injury.

The exercises target the whole body, lower body, core, and upper body. As the reader has progressed in strength and mobility by mastering the bodyweight exercises found in volume I, they will build on their foundation by adding additional sandbag weight. Also included are sample training plans for strength, hypertrophy, and toning which can be implemented into any workout routine, at home or at the gym. With *Training With Sandbags*, readers will revolutionize their health and athletic performance!

The Ultimate Functional Training Series is a compilation of the best functional training exercises in four volumes: *Training With Bodyweight*, *Training With Kettlebells*, *Training With Medicine Balls*, and *Training With Sandbags*.

GUIDO BRUSCIA is a master trainer who is well known worldwide for functional and kettlebell training. He is the technical director of the Functional Training School, and he also teaches at institutions for fitness and bodybuilding coaches and personal trainers. He has written several bestselling books. He invented Personal Care, an innovative method of personal training with the goal of revolutionizing the lives of its students. Guido lives in Rimini.

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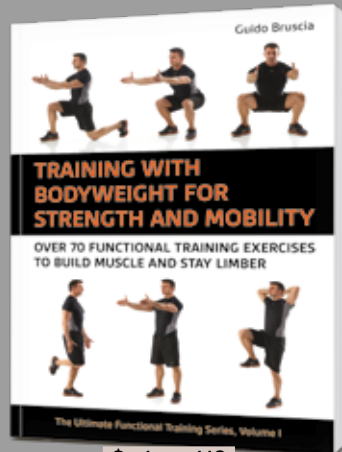


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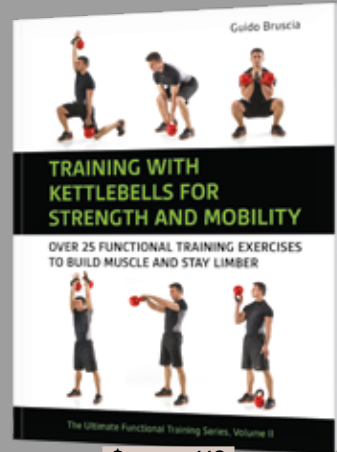
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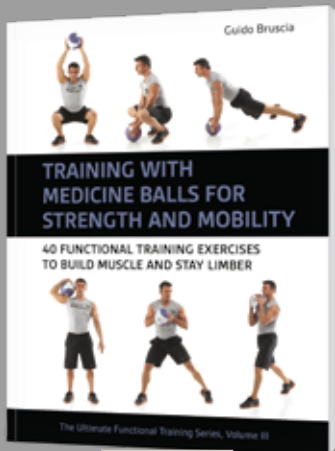
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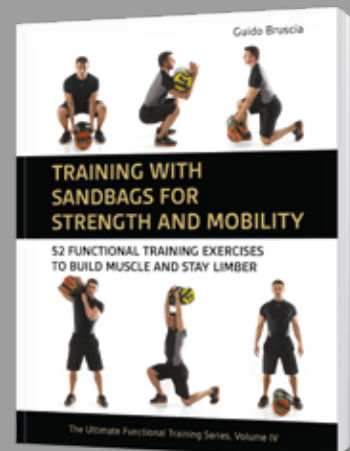
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We look forward to hearing from you!



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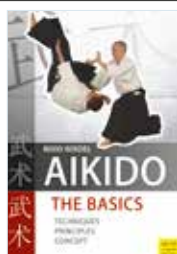
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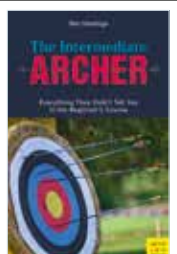
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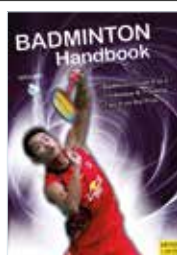
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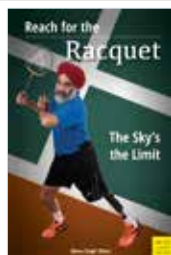
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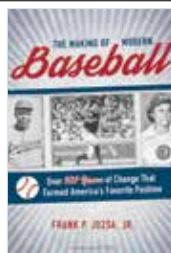


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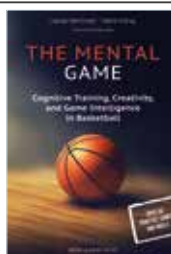
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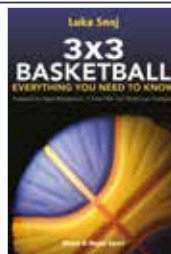


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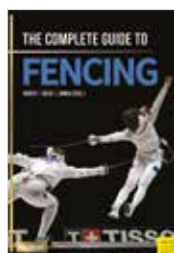


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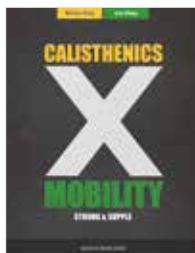


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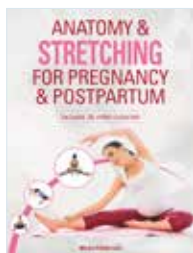
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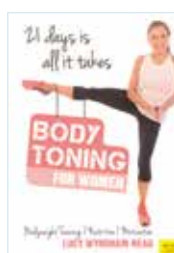
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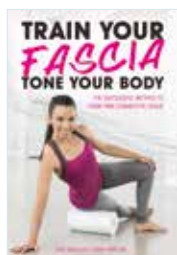
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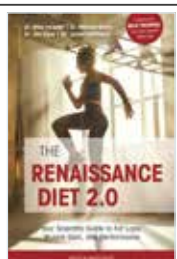
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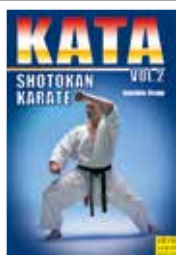


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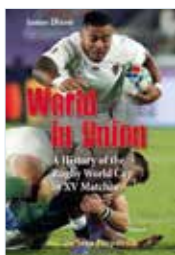


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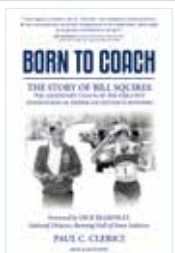


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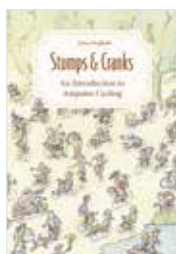


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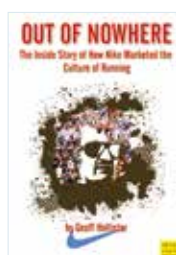
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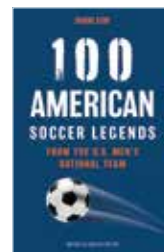
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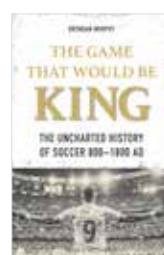


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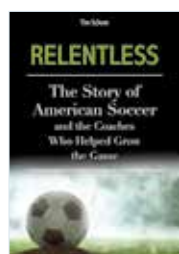
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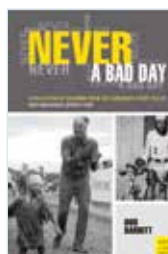


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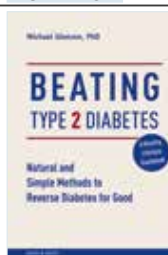
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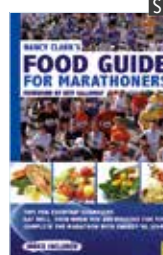
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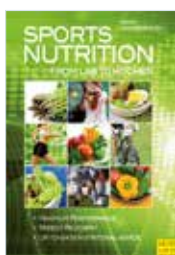
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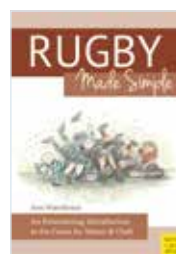
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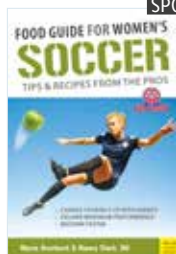
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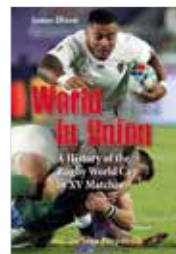
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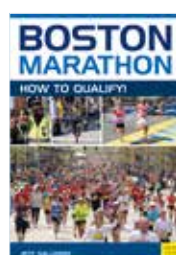
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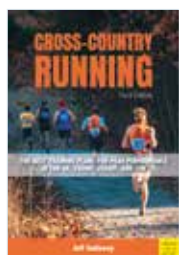
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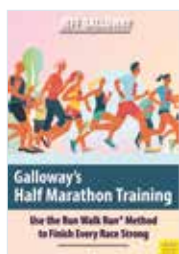


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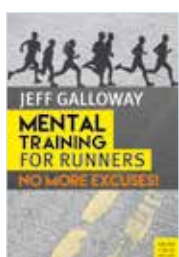
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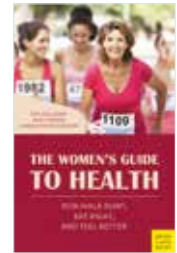
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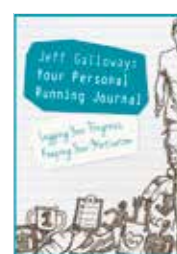
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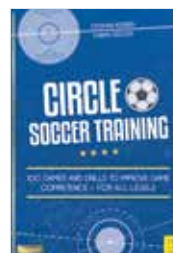
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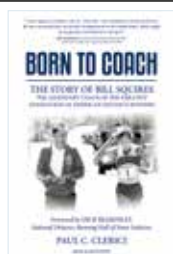


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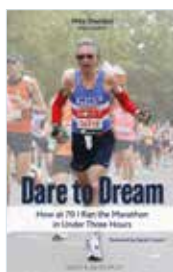
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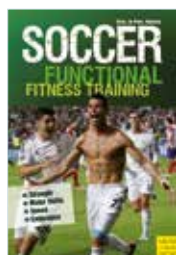
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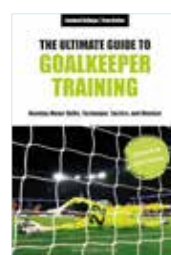
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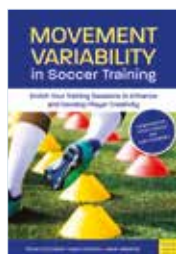
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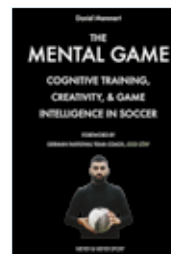
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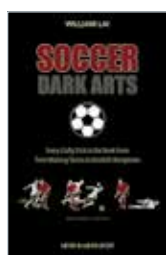
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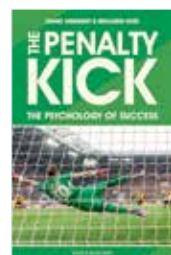
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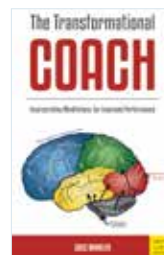
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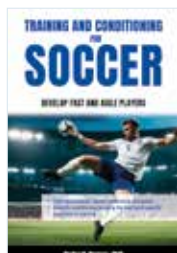
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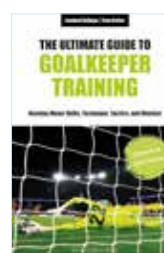
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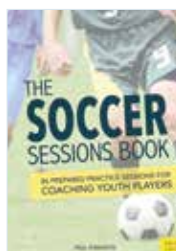
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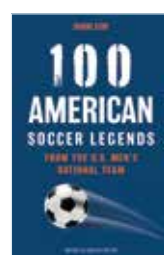
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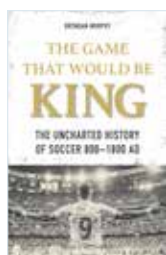


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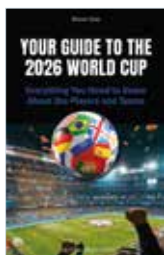
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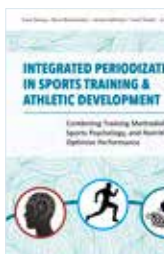


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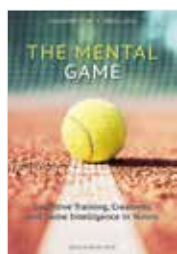
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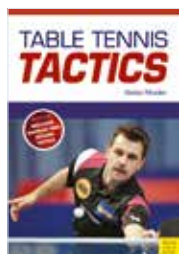
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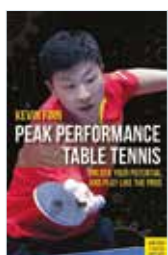
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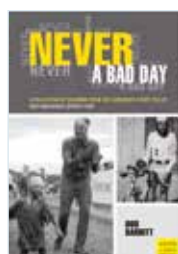
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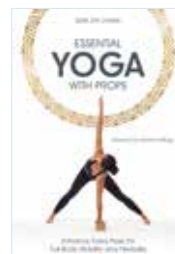
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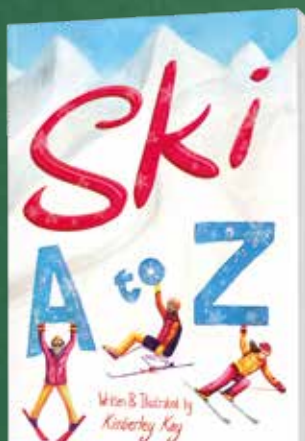
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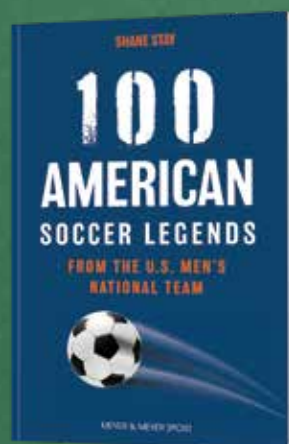
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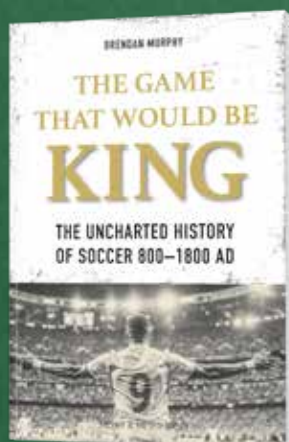
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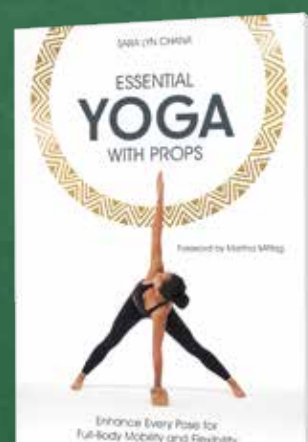
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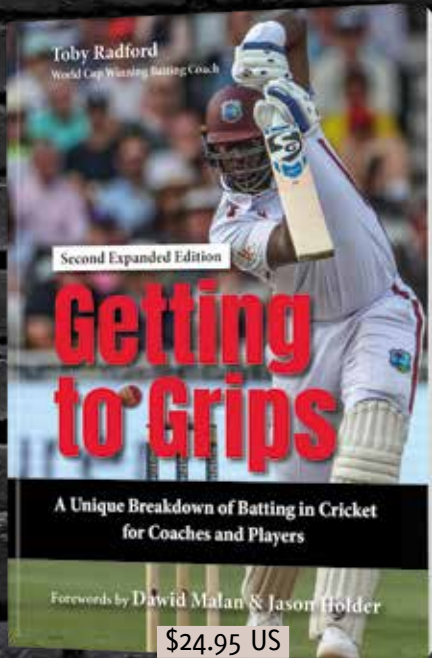
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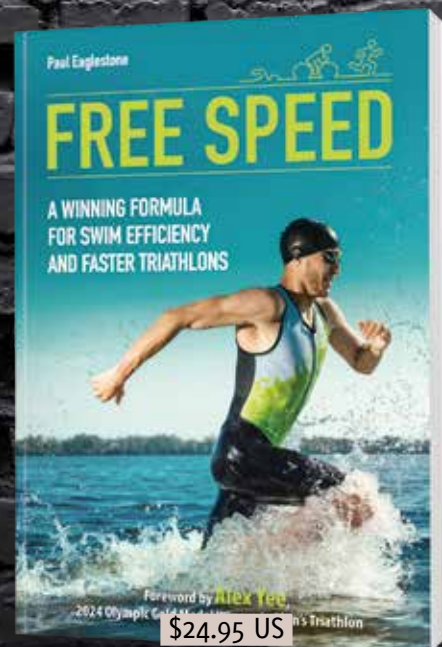
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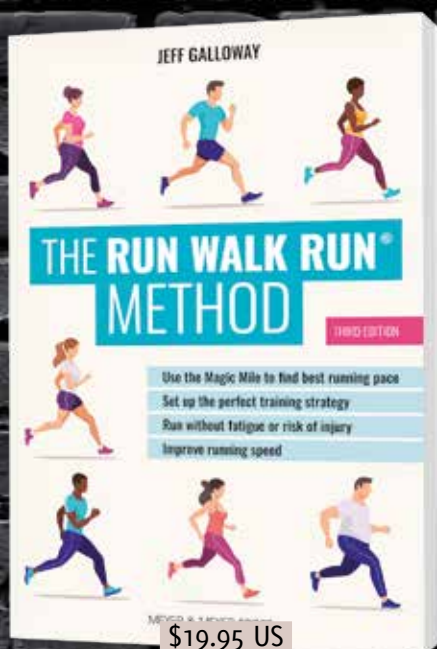
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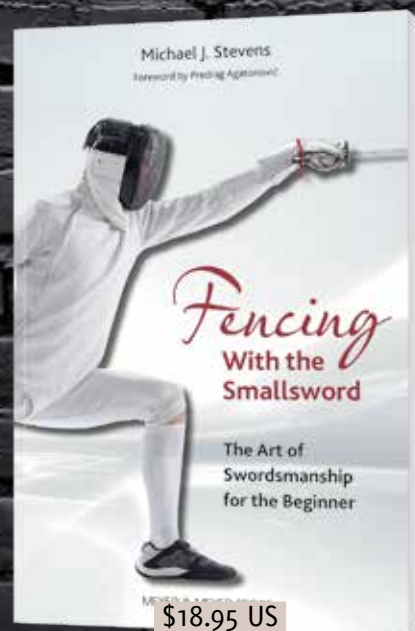
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