
DUKLA’S BIGGEST STAR WAS THE LONG-DISTANCE RUNNER EMIL ZÁTOPEK. BEFORE THE HELSINKI OLYMPICS IN 1952, ZÁTOPEK TOOK UNDER HIS WING STANISLAV JUNGWIRTH, A TALENTED MILE-RUNNER.
And now we’ll do it in one breath, Yoghurt!

What do you mean, one breath?

Just breathe in and let’s see who runs farther on that breath!

Emil...

HE OFTEN USED UNTESTED METHODS AND ECCENTRIC IDEAS WHEN HE WAS WORKING OUT.

Two, three and inhale!

Keep going, it’s nothing, go, go...

Go on, it’s still all right, go, go, go, it’s still all right, go, go even now it’s still all right...

ZÁTOPEK ONLY HAD ONE COACH IN HIS WHOLE CAREER. WHEN HE WAS STARTING OUT, HE TOOK ADVICE FROM DR. JAN HALUZA, BUT HE SOON BEGAN TO MAKE HIS OWN TRAINING DECISIONS.

Emil... Emil... Emil, Emil!

Standa... This is how... You have to... Push yourself...

If you... Want to win!

I don’t know... If this is worth it...

Don’t worry, Yoghurt... I’ll teach you!
EMIL ZÁTOPEK WAS BORN IN KOPŘIVNICE ON SEPTEMBER 19, 1922.

Kopřivnice, 1929

I gave you some yesterday...

Zátopek!

Here.

But Emil isn't the most junior Zátopek! We still have little Jiřík at home...

Zátopek the most junior!

Here.

Well, then bring him with you next week!

No, I won't marry you, you dirty rascal you!

Zátopek junior!

Here.

Zátopek even more junior!
EMIL ZÁTOPEK HAD SIX BROTHERS AND ONE SISTER. THE FAMILY LIVED IN A TWO-ROOM HOUSE WHICH ALSO SERVED AS HIS FATHER’S TABLE-MAKING WORKSHOP.

Yesterday, Emil ran like a madman across the whole town! I saw him! He was all sweaty and gasping for breath!

IN THOSE DAYS, POOR FAMILIES DREADED INCURABLE INFECTIOUS DISEASES SUCH AS TUBERCULOSIS MORE THAN ANYTHING ELSE.

Is that true?

No, it ain’t... I mean... Well, kind of...

How come? How many times do I have to tell you NOT to strain yourself?!

But my teacher sent me to Majer’s butcher shop for three slices of ham... Said I was the fastest kid in the class.

Well, if it was the teacher’s idea... But you slow down the next time! That ham from Majer is stinky already anyway!
The main thing is never to strain yourself! None of that soccer! Forget about running! So you don’t wind up with the TB...

None of them sports better even cross your mind!

The table-maker Zátopek became a communist before the war. However, he sent his son Emil to apprentice with the biggest capitalist in the country.

At the age of fifteen, Zátopek became one of “Baťa’s Young Men.” Baťa was an industrialist who applied American manufacturing methods to shoe making. As one of the world’s biggest producers of shoes, he practically controlled the town of Zlín.
ZÁTOPEK SIGNED UP TO STUDY CHEMISTRY. THE CLASSES WERE HELD IN THE EVENING AFTER AN EXHAUSTING SHIFT ON THE PRODUCTION LINE.

IT WAS GENERALLY AGREED THAT THE WORST PLACE TO WORK IN THE GIGANTIC PLANT WAS THE RUBBER SHOP.

What the hell do you think you're doing?

I don't know, somehow it got stuck by the heel, sir.

How long is our shift?

Eight hours.

Oh, you mean... It's 28 800 seconds long.

And how many pairs of shoes are we supposed to make?

2 400 pairs of shoes.

And therefore, what is the norm?!

6 seconds a piece, and I am trying to do that, sir, but when it gets stuck like this, then I...

The classes were held in the evening after an exhausting shift on the production line. It was generally agreed that the worst place to work in the gigantic plant was the rubber shop.

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"6 seconds a piece, and I am trying to do that, sir, but when it gets stuck like this, then I..."
Even if we all shit blood, we'll never catch up today!

Why don't YOU just shit your drawers, sir...
HAPPLY INTO THE NEW DAY

BAŤA KEPT ZÁTOPEK SO BUSY THAT FOR FOUR YEARS, HE NEVER THOUGHT OF SPORTS AT ALL.
In March of 1939, Hitler invaded the remnants of Czechoslovakia.

And life in the German Protectorate of Bohemia and Moravia changed drastically.

So Emil, Saturday’s another Zlín run! I’m putting you down on the list.

Oh, but I can’t go, sir. I have this horrible stabbing pain in the knee, it’s real bad!

That’s how you got out of it for the past three years! This Saturday, you’re running and that’s that.

But I’m barely walking by the time I get to punch out at night...

This year you’d have to show me a note from the doctor!
I have good news for you! This knee is back in perfect repair! If there ever was anything wrong with it in the first place...

HAPPLY INTO THE NEW DAY

What’s the worst thing they can do to me?

Did he somehow find out how fast I used to be as a kid? But how? Nah, that can’t be...

On your marks! Get set! Suppose I win this thing somehow, wouldn’t that piss you off, huh, you damn geezer?!
I really can’t anymore. So step on it!

I’m such a moron! If this race were only ten meters longer, I’d beat him!

That’s my boy! He’s from my squad! I bring up nothing but great athletes!

Congratulations, Emil! Wish I’d sent you to that doctor last year!

Hi, there! I’m Emil! Emil Zátopek! And congratulations! You sure showed me how it’s done!
Listen, how would you like to come to the track tomorrow? How about giving it a try?

Oh, but he's lame in one leg, doctor Haluza! For real!

Which knee did you have the company doctor look at, Emil? Tell him, don't be bashful!

Gee, I don't know, I'd gladly come, but I got my hands full at Baťas... What with the full-time job and all the classes on top of it...

You don't even know who you're talking to, do you? There isn't a better long-distance man in this country! Doctor Haluza, you can count on this cripple coming tomorrow!
Track isn't that complicated...
Only one thing to remember here:
speed is the basis of all running.

And I thought the basis of all sports is bread! Seems like I'm hungry all the time!

None of the other coaches agrees with me on this, but I think it's better to do two hundred meters ten times at full speed than to trot those two kilometers in one stretch.

But maybe you'd better not even mention this to the club coach.

So why don't you be my coach, doctor Haluzá! Then I don't have to discuss this with anybody.

It's the same distance, but the sprints will give you so much more...

Okay, I'll try that! Sounds logical...
How many of those two-hundred meter sprints did you do, for God's sake? Twenty... Times...

Why, do you only intend to run just for one year? Otherwise... You don't even realize... What a bliss... It is to rest.

This just doesn't make any sense!

That Haluza is a rough customer!

Ladies and gentlemen! Now we come to the three kilometer race. Representing our club is doctor Haluza and a Bafaman by the name of Emil Zátopek!
AC Zlín is just murdering the competition today, folks! Ladies and gentlemen, we only have two more laps to go now! Doctor Haluza is kicking it into another gear! Who can keep up with him? The final lap, my friends! Doctor Haluza has just passed Brno's Štědroň by a whole lap! Hooray! AC Zlín is just murdering the competition today, folks! Emil... thank you... I ran... my personal best... Thanks to you! Ladies and gentlemen, we only have two more laps to go now! Doctor Haluza is kicking it into another gear! Who can keep up with him? The final lap, my friends! Doctor Haluza has just passed Brno's Štědroň by a whole lap! Hooray! Emil... thank you... I ran... my personal best... Thanks to you! Ladies and gentlemen, we only have two more laps to go now! Doctor Haluza is kicking it into another gear! Who can keep up with him? The final lap, my friends! Doctor Haluza has just passed Brno's Štědroň by a whole lap! Hooray! Emil... thank you... I ran... my personal best... Thanks to you! Ladies and gentlemen, we only have two more laps to go now! Doctor Haluza is kicking it into another gear! Who can keep up with him? The final lap, my friends! Doctor Haluza has just passed Brno's Štědroň by a whole lap! Hooray! Emil... thank you... I ran... my personal best... Thanks to you! Ladies and gentlemen, we only have two more laps to go now! Doctor Haluza is kicking it into another gear! Who can keep up with him? The final lap, my friends! Doctor Haluza has just passed Brno's Štědroň by a whole lap! Hooray! Emil... thank you... I ran... my personal best... Thanks to you! Ladies and gentlemen, we only have two more laps to go now! Doctor Haluza is kicking it into another gear! Who can keep up with him?
AS A GOOD STUDENT, ZÁTOPEK PROGRESSED TO ADVANCED COURSES. NOW HE ONLY HAD TO WORK IN THE FACTORY FOR FIVE HOURS IN THE MORNING. HE THEN HAD FIVE HOURS OF CLASSES IN THE AFTERNOON. AS A PROMISING CHEMIST, HE WAS TRANSFERRED TO THE RESEARCH DEPARTMENT.

So what do you research here?

Nothing! We grind up quartz here is all...
So what’s your dosage?

How about three clicks?

Got a date with Miluna.

All right, two kilometers.

Come on, let’s on, move it, you turtle!

Step on it, you sloth, come on! Go, go, go, before somebody steals Miluna from me.

All right, set and go!

Dude, you’ve broken the Czech record!

Are you sure?

By about two seconds!

Better not rile up anybody with this yet. Let me check the record book first!
So how does it feel to be breaking records, Emil?

We've just announced that on Saturday, you will attempt to break the Czech record in 3,000 meters! Better get a good night's sleep on Friday!

If I knew I'd get such goodies for every record, I would've been breaking them all year!
It's only that I'm a competitive runner, I just need to protect my lungs, I...

The times are such that you will do whatever we tell you to do. Otherwise, you will wind up with a stint in a real labor camp!

Where do you get the gall to refuse to grind minerals? Who do you think you are? It says here you're running in track meets and even breaking records! Is this true?

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I guess it is true if it's in the paper...

So look here! Mother and I are really worried about your health! That's why we decided that you will stop doing this.

But, Father, please...
Hang up them track shoes and that’s that.

Well, all right. So I’m not going to race anymore.

I’m so glad about that, Emil! Just look at yourself, you’re skinny as a rail...

Forgive me, mama, I will never lie to you again...

Yes, father, I promise I will not race any longer.

It being wintertime, there aren’t any races now anyway.

I never promised my folks that I’d stop training, did I?

You’re such a conman!

Do you promise?

Say, Maria, you ever kissed a record holder?

I see... So has a record holder ever stolen a kiss from you? What a sneak!

I don’t kiss anybody.

So they didn’t! Come here, you’re a real looker, you know that?
IN MAY OF 1945, THE WAR ENDED AND, IN THE LIBERATED CZECHOSLOVAKIA, LIFE CHANGED DRAMATICALLY AGAIN.