

LUCKY MAN FILMS AND CZECH TELEVISION PRESENT

# ZÁTOPEK

A DOCUMENTARY FILM BY  
DAVID ONDŘÍČEK

 Česká televize

LuckyManFilms

# ZÁTOPEK DOCUMENTARY



Emil Zátopek's life passed through a history that has changed the whole running world. In 1951 he broke the hour for running 20 km and three years later he became the first athlete to break the 10,000 meters under 29 minutes. Zátopek is considered to be one of the greatest runners of the 20<sup>th</sup> century. He is still the only one who won the 5,000 meters, 10,000 meters, and marathon at the same Olympic games.



Emil was born to a poor family with seven siblings around. He had to start working in the Bata shoe factory when he was sixteen. One afternoon a sports coach came in the factory and chose four blue collar workers to become runners. Emil was one of them. Even though Zátopek claimed he couldn't be a good runner, the doctor persuaded him to try it at least because he could see that Emil really was in a proper condition to

compete. When he started to run he suddenly wanted to win. Emil finished second and that was the way everything started... After the great success he began to train in a local athletic club where he developed his own training's methods based on the information he had found in books about the great Finnish Olympian Paavo Nurmi. The training program included e.g. interval training, hypoventilation training, running in heavy boots. None of the runners had trained like that before.

The modern and dynamic film will combine authentic archives and a documentary of today's runners trying to go through Zátopek's training program. The film will also focus on Emil's personal life and his struggle with communist regime.

Videotape HDTV, 52', English subtitles, © 2016

Directed by **David Ondříček**

Screenplay by **David Ondříček, Tomáš Klímek**

Director of Photography **Jan Šuster, Marek Dvořák**

Editor **Tomáš Klímek**

Sound **Martin Roškaňuk**

Music **Jan P. Muchow**

Producers **LUCKY MAN FILMS, Czech Television**



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