



Masters Running: A Guide to Running and Staying Fit After 40

By Hal Higdon

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Masters Running: A Guide to Running and Staying Fit After 40 By Hal Higdon

An expert, highly motivational guide to running after 40-filled with age-specific advice for training effectively and safely-from the author of Run Fast, Marathon, and Fitness After Forty

To succeed as a masters runner, you need to train more intelligently than younger runners.

You have to know how to incorporate rest into your program and when to use alternative activities, such as swimming, biking, or walking, to maintain aerobic capacity. And, because runners are more likely to injure themselves as they age, you need to learn how to limit that risk.

How do you develop base fitness? How do you improve? What should you do to maintain flexibility? What foods should you eat to stay fit? In Masters Running, Hal Higdon-who after 40 went on to win four gold medals at the World Masters Championships plus five silver and bronze medals-teaches older runners training techniques that will make them better and smarter runners. You'll learn the importance of strength training; whether to incorporate speedwork-and what the dangers are; the 10 most common running injuries-and how to avoid and cure them; and how to train for a marathon as a senior (with firsthand advice from Higdon, who ran in over 100 marathons after age 40).

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Editorial Review

About the Author

HAL HIGDON is the author of Run Fast, Marathon, and Fitness After Forty. In one of his wins, he set a world record that a quarter of a century later remains the American masters record. He lives in Long Beach, Indiana.

Users Review

From reader reviews:

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Why don't make it to be your habit? Right now, try to ready your time to do the important take action, like looking for your favorite guide and reading a reserve. Beside you can solve your long lasting problem; you can add your knowledge by the e-book entitled Masters Running: A Guide to Running and Staying Fit After 40. Try to make book Masters Running: A Guide to Running and Staying Fit After 40 as your close friend. It means that it can to become your friend when you truly feel alone and beside associated with course make you smarter than previously. Yeah, it is very fortuned to suit your needs. The book makes you much more confidence because you can know almost everything by the book. So , let's make new experience and knowledge with this book.

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