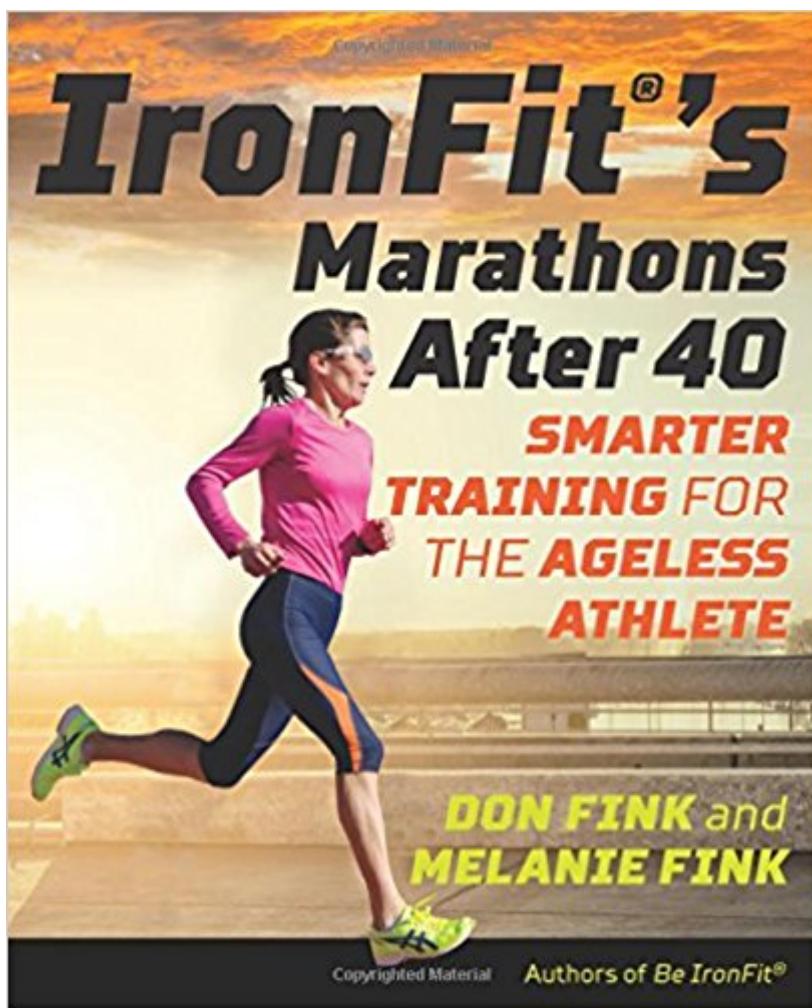


The book was found

IronFit's Marathons After 40: Smarter Training For The Ageless Athlete



Synopsis

The only marathon training guide athletes forty and older will ever need Updated with full-color exercise photography; cutting-edge training, strength, core, and flexibility programs; and specific instruction for the most popular version of the marathon, the Half-Marathon, this book starts with a simple premise: training methods for younger athletes no longer work for athletes over forty. Melanie and Don Fink present step-by-step action plans for faster times, fewer injuries, and more enjoyment for the Masterâ€¢s marathoner. Including profiles of successful older athletes, this book also provides ways to avoid common training and racing mistakes, recovery methods unique to forty-plus athletes, secrets to staying injury-free, and much more.

Book Information

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Customer Reviews

Melanie and Don Fink of IronFit® (IronFit.com) have trained athletes on five continents to breakthrough performances. They are the authors of Be IronFit: Time-Efficient Training Secrets for Ultimate Fitness and four other IronFit® endurance sports books (all from Lyons Press). They live in Carroll County, New Hampshire.

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