



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

Hal Higdon

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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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