

IronFits Marathons after 40: Smarter Training for the Ageless Athlete



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 Masters 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.

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