

THE LAST INTERNATIONALE



RUNNING FOR A DREAM

The Last Running

Patrick Vollmar

The Last Running:

Running Past 50 Caolan MacMahon,2024-10-28 As you move past the age of 50 the physiological demands of running require adjustments in training intensity recovery goal setting and mental outlook Running Past 50 is your guide to addressing those demands so you can continue to enjoy compete and excel in the sport you love Accomplished runner and coach Caolan MacMahon shares practical advice and her personal stories to guide and inspire you to set realistic yet challenging goals adapt to the body s changing realities including the female specific changes brought on by menopause identify the building blocks of successful training establish and maintain an aerobic base maximize training while minimizing injury and incorporate rest and recovery more effectively into workouts or training cycles Additionally you will find 10 week training programs for beginner intermediate and advanced runners aiming to conquer a 5K or 10K a half marathon program for novice and intermediate runners and 18 week training programs for marathon beginners intermediate and advanced marathoners and ultramarathoners Both inspirational and practical Running Past 50 will help you achieve your goals by making the necessary shifts in thinking and training that lead to personal bests fewer injuries and a lifetime of running

Running Past Fifty Gail Waesche Kislevitz,2018-10-09 Running brings joy and health benefits to all participants especially those of the baby boomer generation But when legs get sore joints feel achy and old age creeps up sometimes senior runners need a little extra motivation to get out of the door and on the road In Running Past Fifty lifelong runner Gail Waesche Kislevitz provides helpful tips and motivation from thirty six runners aged fifty or older Presenting time tested recommendations Kislevitz interviews some of the nation s greatest senior runners Included here are exclusive interviews with greats such as Ed Whitlock who at the age of eighty five set an age division world record of 3 56 in the marathon Bill Rodgers winner of four Boston Marathons and four New York City Marathons George Hirsch chairman of New York Road Runners Olympian and author Jeff Galloway world record holder Sid Howard and runner and women s pioneer runner and advocate Kathrine Switzer And legendary runners aren t the only ones running well into seniority Kislevitz also offers motivational stories from average runners who hit the pavement frequently and refuse to let their age stop them from competing regularly Baby boomer runners may be slower than they once were but they show no signs of slowing down Inspiring and insightful Running Past Fifty is the perfect read for every one of them

The Racing Calendar,1898

Runner's World ,2008-05 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling [A Run Round the World; Or, The Adventures of Three Young Americans](#) Henry Lyell,1891 [Outing; Sport, Adventure, Travel, Fiction](#) ,1885 [Saturday Review](#) ,1884

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