

Mastering the Marathon: Time-Efficient Training Secrets for the 40-plus Athlete

By Don Fink

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The ideal resource for athletes age forty and older who seek faster times and fewer injuries

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Editorial Review

Review

Praise for author's previous book, *Be IronFit*:

"Most how-to books are too technical or too shallow. Don Fink manages to pen a unique combination of information, anecdotes, and readability. I enjoyed the read and learned a few valuable tidbits in the process. Well done!" —Scott Tinley, two-time Ironman World Champion

"Don's book certainly made me think. A truly complete book for all abilities in the sport of triathlon that leaves no subject untouched." —Spencer Smith, three-time Triathlon World Champion

From the Back Cover

The ideal resource for athletes age forty and older who seek faster times and fewer injuries

More than half a million Americans, and millions more worldwide, attempt a marathon every year. Around half are forty years old or older—athletes whose passion increasingly turns to frustration as they mature, with slower finishing times and more injuries. And yet, until now, there has been no book written specifically for them. In *Mastering the Marathon*, champion forty-plus endurance athlete and trainer Don Fink sets forth programs for anyone over forty—including those who enter the sport after turning forty—to prove that the challenge of a marathon is not too difficult, that the dream is not impossible.

Starting with the premise that the training methods that work for younger athletes no longer work for athletes in their forties, fifties, and sixties, Fink presents exciting new training methods and step-by-step action plans that result in faster times, fewer injuries, and more enjoyment for the forty-plus marathoner. Including photos and profiles of successful older athletes, *Mastering the Marathon* also provides an illustrated exercise program for core and functional strength, ways to avoid common training and racing mistakes, recovery methods unique to forty-plus athletes, secrets to staying injury-free, and much more.

About the Author

Don Fink is an internationally known triathlon and running coach/trainer and the author of the popular triathlon training book, *Be IronFit: Time-Efficient Training Secrets for Ultimate Fitness* (Lyons Press). He trains endurance athletes on five continents through his business: IronFit (IronFit.com). Don is also an elite athlete; his time of 9:08 at the 2004 Ironman Florida is one of the fastest times ever recorded by an athlete in the 45-49 age group.

Users Review

From reader reviews:

Russell Belcher:

The event that you get from Mastering the Marathon: Time-Efficient Training Secrets for the 40-plus Athlete could be the more deep you looking the information that hide inside words the more you get thinking about reading it. It doesn't mean that this book is hard to be aware of but Mastering the Marathon: Time-Efficient Training Secrets for the 40-plus Athlete giving you buzz feeling of reading. The article writer conveys their point in specific way that can be understood by anyone who read the idea because the author of this publication is well-known enough. This specific book also makes your personal vocabulary increase well. That makes it easy to understand then can go along with you, both in printed or e-book style are available. We propose you for having this specific Mastering the Marathon: Time-Efficient Training Secrets for the 40-plus Athlete instantly.

Adam Schneider:

Typically the book Mastering the Marathon: Time-Efficient Training Secrets for the 40-plus Athlete has a lot of knowledge on it. So when you check out this book you can get a lot of help. The book was published by the very famous author. The writer makes some research previous to write this book. This book very easy to read you will get the point easily after reading this article book.

Jose Tiernan:

This Mastering the Marathon: Time-Efficient Training Secrets for the 40-plus Athlete is great book for you because the content which is full of information for you who else always deal with world and possess to make decision every minute. This book reveal it data accurately using great manage word or we can claim no rambling sentences in it. So if you are read it hurriedly you can have whole information in it. Doesn't mean it only provides you with straight forward sentences but tricky core information with splendid delivering sentences. Having Mastering the Marathon: Time-Efficient Training Secrets for the 40-plus Athlete in your hand like getting the world in your arm, info in it is not ridiculous 1. We can say that no publication that offer you world within ten or fifteen moment right but this book already do that. So , this is good reading book. Hey Mr. and Mrs. occupied do you still doubt that?

Dennis James:

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