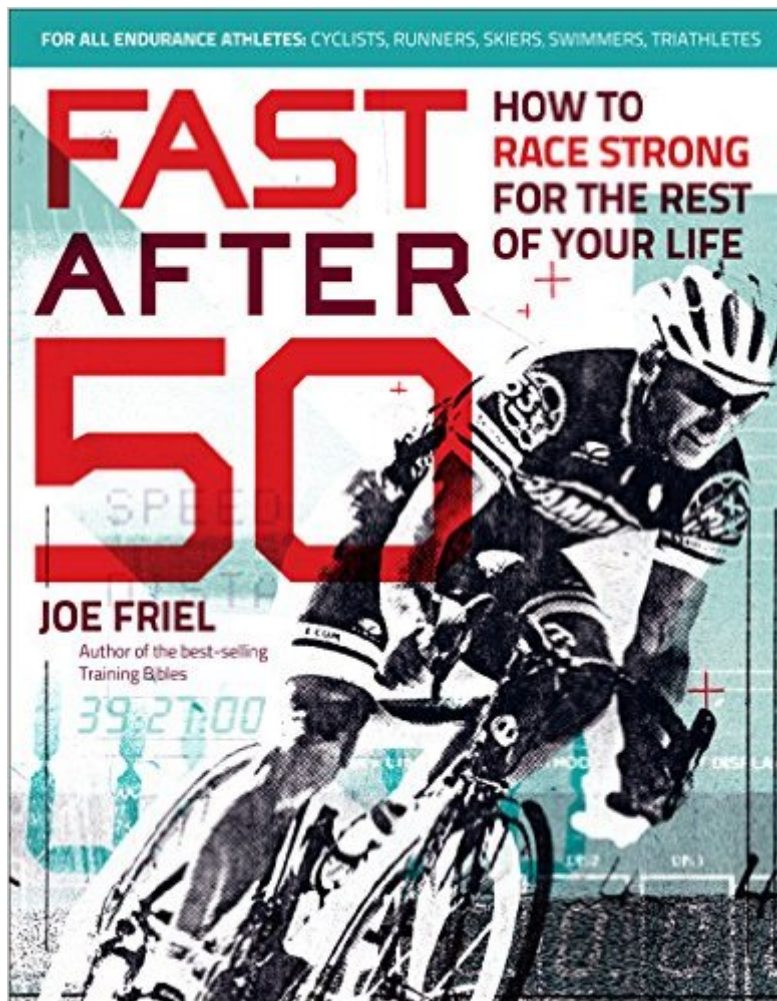


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# Fast After 50: How To Race Strong For The Rest Of Your Life



## Synopsis

Fast After 50 is for every endurance athlete who wants to stay fast for years to come. For runners, cyclists, triathletes, swimmers, and cross-country skiers, getting older doesn't have to mean getting slower. Drawing from the most current research on aging and sports performance, Joe Friel--America's leading endurance sports coach--shows how athletes can race strong and stay healthy well past age 50. In his groundbreaking book Fast After 50, Friel offers a smart approach for athletes to ward off the effects of age. Friel shows athletes how to extend their racing careers for decades--and race to win. Fast After 50 presents guidelines for high-intensity workouts, focused strength training, recovery, crosstraining, and nutrition for high performance: How the body's response to training changes with age, how to adapt your training plan, and how to avoid overtrainingHow to shed body fat and regain muscle densityHow to create a progressive plan for training, rest, recovery, and competitionWorkout guidelines, field tests, and intensity measurementIn Fast After 50, Joe Friel shows athletes that age is just a number--and race results are the only numbers that count.With contributions from: Mark Allen, Gale Bernhardt, Amby Burfoot, Dr. Larry Creswell, John Howard, Dr. Tim Noakes, Ned Overend, Dr. John Post, Dr. Andrew Pruitt, and Lisa Rainsberger.

## Book Information

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## Customer Reviews

Ageing and the impact of ageing on the competitive athlete beyond age 50 is something that has not been written about in book form before. Friel has undertaken a substantial task and done a very good job with the subject matter. The physiologic changes that negatively affect athletic performance beyond age 50 (and to a lesser extent beyond age 40) are fairly drastic as any

committed senior athlete can tell you. Friel develops a detailed framework to allow one to understand these changes and the ramifications on performance and then offers a training approach to slow down or possibly even delay the rate of decline. The current state of understanding is nicely summarized in a quote from page 108 of the book: "This brings us back to the big three- the primary determiners of performance decline with age according to sport science. To refresh your memory, these are declining aerobic capacity, increasing body fat, and loss of muscle mass." Friel's recipe for combating age-related performance decline therefore involves a primary focus on high-intensity workouts, methods for reduction of body fat, and heavy load strength workouts. It is proposed that these three areas are the keys to high performance as a senior athlete. The book is structured in two parts where Part I (about 1/3 of the book) reviews the literature and describes Friel's own experience with physiologic changes going on in the human body. This establishes a base-line of what we are up against. Part II describes the various ways that the changes discussed in Part I can be addressed from the perspective of a competitive athlete.

Got the book for Christmas - have pretty much devoured it by the first week of January. Working on my training plan for the Spring and will be using many of the concepts and principles. On the positive side, the book is very well researched. Expect nothing less from Mr. Friel. Also, the overall structure of the book is well laid out - plenty of information on the front end with good prescriptive actions on the back end. If I could sum up the book, the advice is 1.) do less long, slow training, 2.) do more intervals, 3.) do more strength training, and 4.) get more sleep. I would not call this a book for beginners. If this is the first and only book you reference, then I think there will be some frustration. The book is very technical, and there will be a good deal of page flipping to re-familiarize yourself with the terms. For example, Mr. Friel uses the terms Aerobic Capacity, Lactate Threshold, and Aerobic Threshold quite frequently. You will need to get the definition of these in your head because they are the foundation of the endurance training principles. Other authors have used expressions like Speed, Stamina and Easy, respectively, for these same concepts. That seems simple and straightforward. I think because the word "threshold" is repeated twice and the word "aerobic" is repeated twice (between three separate terms), it can lead to confusion. Also, I found the Periodization section to be a bit more advanced - a total of seven different phases. I think part of this was because there were four different Strength Training phases. Again, a lot of terms to learn and get familiar with. Chapter Six (Advanced Training) is not a light read.

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