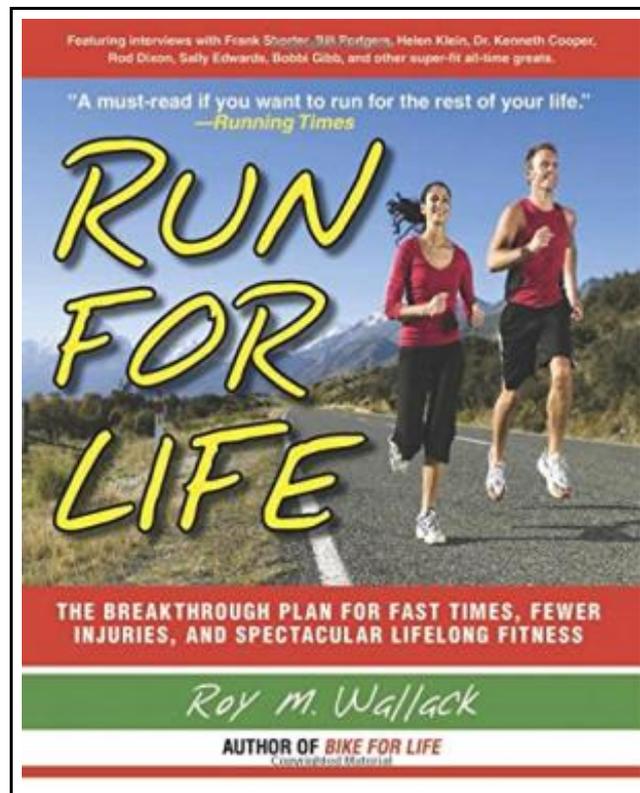


Run for Life: The Anti-Aging, Anti-Injury, Super-Fitness Plan to Keep You Running to 100



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(Ms. Ora Buckridge)

RUN FOR LIFE: THE ANTI-AGING, ANTI-INJURY, SUPER-FITNESS PLAN TO KEEP YOU RUNNING TO 100



Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Run for Life: The Anti-Aging, Anti-Injury, Super-Fitness Plan to Keep You Running to 100, Roy M Wallack, Over 35 and want to win your age group and run injury-free for the next 50 years or even longer? Run for Life lays out a plan to help you run to 100. Traveling the running world from Kenya to Tahiti and Boston to Badwater in search of the keys to super-fit running longevity, Wallack tests new running methods, products, and fitness regimens, and talks to the world's top coaches, athletes, and researchers as he develops a science-backed, time-efficient strategy for long-term running fitness. Featuring 10 extensive oral-history interviews with super-fit, all-time greats, such as Frank Shorter, Bill Rodgers, and Dr. Kenneth Cooper, Run for Life brims with ground-breaking innovations, including:

- Soft Running: A bio-mechanical overhaul that reduces knee-shock by 50%
- A Call to Arms: A cheap, simple handgrip that automatically perfects your form
- HGH Strength Training: Fast, high-intensity resistance exercises that stop age-related muscle deflation and build speed, power, balance, and quick-reaction time by jacking up the natural release of human growth hormone
- The Ultra Interval: Crazy-hard 20- and 30-second all-out sprints that leave you gasping and cue rapid strength increases that essentially make you younger
- High-tech Water Running: New pool tools that are making champion runners faster and safer on land
- Barefoot Running: How going shoeless strengthens feet, cuts shock, and adds running longevity
- Yoga on the Run: A just-for-runners flexibility/warmup program designed by famed multisport yogi Steve Ilg
- And much more!.



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